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Number 8-14

REFERENCE

Composition of Foods:

Beverages

- Raw
- Processed
- Prepared

Agriculture Handbook No. 8 Series

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By Nutrition Monitoring Division

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Revised May 1986

Foreword

Agriculture Handbook No. 8 represents a traditional function of the U.S. Department of Agriculture. The development of the basic food composition tables used in the United States began more than 80 years ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W. O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in the USDA. In 1896, the now-classic USDA Bulletin No. 28, "The Chemical Composition of American Food Materials," by W. O. Atwater and C. D. Woods was published. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and scientists working in health-related fields depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content

of foods. USDA is continuing to expand and improve these food data.

This publication is a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods ...Raw, Processed, Prepared," currently a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." This revision of Agriculture Handbook No. 8 will, in its turn, also be replaced. The task of deriving representative nutrient values of foods is a historical responsibility of USDA. The task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.



Robert L. Rizek, Director
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Preface

Revising the major nutrient tables issued by the U.S. Department of Agriculture is necessary to provide current nutrient information on foods. This revision of the 1963 edition of Agriculture Handbook No. 8 is being issued in sections to expedite the release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series will cover a wide range of food products.

To facilitate continuous, rapid updating, each section of the handbook is being prepared in looseleaf form. Each page in the table contains the nutrient profile of a single food item given on the 100-gram food basis, in two common measures, and in the edible portion of 1 pound (453.6 grams) as purchased. This format permits a concise presentation of the data and a comparison of values from one unit of measure to another.

The scope of the nutrient listing has been enlarged. Values are provided for refuse, energy, proximate composition (water, protein, fat, carbohydrate, and ash), 9 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese), 9 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B₆, folacin, vitamin B₁₂, and vitamin A), individual fatty acids, total saturated, monounsaturated, and polyunsaturated fatty acids, cholesterol, total phytosterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. Our goal is for the revised and enlarged compilation of data to meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

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Composition of Foods:

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This is the fourteenth in a series of publications designed to revise and expand the 1963 edition of Agriculture Handbook No. 8, "Composition of Foods ...Raw, Processed, Prepared" (26). This section is a basic reference for data on nutrients in beverages. The table was prepared with computer assistance, using the facilities of the Nutrient Data Bank (NDB) (14).

Nutrient data are presented for beverages, including powdered, canned, and frozen products. The 36 items given in the 1963 edition of the handbook have been expanded to 153 items presented in this revision. Data for some beverages are presented differently. Nutrient data on many beverages were obtained since 1973 from analyses conducted for nutritional labeling. The nutrient values presented in this revision supersede values for those beverages given in previous USDA publications.

Sources of Data

Nutrient data on beverages were compiled from published and unpublished sources. Published sources consist of scientific and technical literature from the United States and other countries. Unpublished sources include industry, government agencies, universities, and studies conducted under grant or contract with the Human Nutrition Information Service.

¹Underlined numbers in parentheses refer to Literature Cited, p. 9.

Explanation of Table

Format

Beverages are divided into two major sections: alcoholic and nonalcoholic. Within each section, items are arranged alphabetically. A guide containing the item name, corresponding item number(s) in the 1963 edition, NDB number, and page number precedes the table.

The five-digit NDB number in the lower right-hand corner of the table is used for computer access to the data in the NDB and also refers to the food item on machine-readable tapes of the data. The first two digits designate the Handbook 8 section, or major food group, and the last three digits indicate the specific food. NDB numbers are not consecutive. Most NDB numbers appearing in this table apply to beverages, and the first two digits are 14. A few NDB numbers appearing in the table apply to dairy products, and their first two digits are 01. These dairy items repeat the nutrient data presented in AH-8-1, Dairy and Egg Products (19).

Each page in the table includes the year of preparation. When the table is updated or expanded, new pages will be issued with instructions for insertion.

Data in column B are the sample means per 100 grams of edible portion. Values in column C are the sample standard errors, given to three decimal places. Sample standard errors for the repeated dairy items are given to the same number of significant figures as the nutrient data in column B. Column D contains the number of samples on which the values in columns B and C are based. If the number of samples from any data source used in the mean was one, a standard error cannot be given. For some foods and nutrients, means are given without the standard error and number of samples. These values were calculated from another form of the

food, were calculated from a similar food, were based on a recipe, or were taken from another source (15, 26).

The amounts in two household measures or market units are given in columns E and F. The amount in one pound (453.6 grams) of food as purchased is given in column G. Values in columns E, F, and G were calculated from the data in column B. The 100-gram values given to three decimal places were used for these calculations. Weights used to calculate the nutrient values in columns E and F appear at the head of the columns. All items reported in this table have refuse values of zero. U.S. Department of Agriculture Handbook No. 456 (AH-456) was the basic reference for weights of common measures (1). Other sources of information were industry and unpublished data. If information on a specific food was not available, the weights of common measures for a similar form of the food were used.

The number of decimal places shown is based on the number used in the bulk of the analytical data collected. The same number of decimal places for data on the 100-gram basis was carried for data given in other units of measure. The number of decimal places does not necessarily reflect the accuracy of the data. Because of rounding, a nutrient value may appear as a zero in some columns even though a greater value appears in other columns. Blanks indicate that no data were available for that nutrient in the particular food.

Abbreviations used in the tables are defined in the appendix. Metric system equivalents for these measures are also included in the appendix.

Nutrients

Proximate components.--Water and alcohol values for alcoholic beverages are reported separately. Alcohol values are

reported in footnotes. Alcohol content is presented in terms of percent by volume and grams per 100 grams. Proof is also given for distilled spirits. Proof is two times the alcohol content by volume. A reference table published by the Association of Official Analytical Chemists was used for weight and volume conversions (4).

Food energy is expressed in terms of both kilocalories and kilojoules. Kilocalories were converted into kilojoules. One kilocalorie equals 4.184 kilojoules. These data for physiological energy values represent the energy remaining after losses in digestion and metabolism have been deducted. Specific calorie factors used for beverages are given in the appendix. They are based on the Atwater system for determining energy values. Details of the derivation of these factors are outlined in Agriculture Handbook No. 74 (12).

Calorie factors for coffee and tea are not available. Calorie factors for seeds have been applied to coffee, and factors for vegetables have been applied to tea. Factors for beverages containing more than one ingredient source of protein, fat, or carbohydrate were derived by using estimates of ingredient proportion with the appropriate energy values for each ingredient. These derived factors were rounded to one decimal place.

Values for protein were calculated from determinations of the total nitrogen (N) content in the food by multiplying the total nitrogen value by the conversion factors recommended by Jones (9). The specific factor applied to the beverage is indicated in the stub of the table. Protein values calculated by use of these factors and data on the total nitrogen content of foods are satisfactory for most foods. However, chocolate and cocoa products, coffee, and tea contain enough nonprotein nitrogenous compounds to require protein adjustments. The factor used for calculating protein in chocolate and cocoa products

is discussed in Agriculture Handbook No. 74.

Adjusted protein values for coffee and tea were obtained by first subtracting from total nitrogen that nitrogen contributed by caffeine and, if available, that contributed by theobromine and then applying the appropriate nitrogen conversion factor. Because conversion factors for coffee and tea are not available, the factor for seeds was applied to coffee, and the factor for vegetables was applied to tea (9). Adjusted protein values appear in the tables.

For beverage items containing more than one source of protein, nitrogen-to-protein conversion factors were derived by estimating ingredient proportions and weighting factors for ingredients by the amount of protein contributed by each ingredient. These derived factors were rounded to one decimal place.

The term "unadjusted protein" refers to the total nitrogenous matter value obtained by applying a conversion factor to the total nitrogen. This unadjusted protein value includes nonprotein nitrogen. Conversion factors and unadjusted protein values appear in footnotes.

Unadjusted protein values are used in determining food energy and carbohydrate by difference. Similar procedures were used in the handling of chocolate and cocoa for the 1963 handbook. The total carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, fat, ash, and alcohol. The value for total carbohydrate includes crude fiber, which also appears in the table. Available carbohydrate values are given and footnoted for a few coffee items; these values are based on analytical data from unpublished sources. Carbohydrate values determined by difference overestimate the carbohydrate in coffee (26).

Values for insoluble dietary fiber determined by the neutral detergent fiber method (2) and soluble fiber determined as pectin appear in footnotes if available.

Minerals.--Data on the content of nine mineral elements are included in the table. Zinc, copper, and manganese have been added to the minerals reported in the 1963 handbook. Most minerals were determined by atomic absorption or emission spectroscopy. The mineral values represent the total amount present in the food, including amounts added to the product, some of which may not be available to the body.

Vitamins.--Ascorbic acid values are expressed in terms of reduced ascorbic acid. Thiamin was determined chemically by the thiochrome procedure or by microbiological methods. Microbiological methods were generally used to measure riboflavin. Riboflavin for some coffee and tea items was determined by high-pressure liquid chromatography.

Niacin data were obtained microbiologically. Values are for preformed niacin only and do not include the niacin that could be contributed by tryptophan, a niacin precursor. The sum of the preformed niacin and the amount that could be derived from tryptophan is called the "niacin equivalent." In estimating the amount of niacin available from foods, 60 milligrams of tryptophan is considered equivalent to 1 milligram of niacin (17).

Pantothenic acid and vitamin B₆ were determined by microbiological methods. Folacin values reported represent total folate activity releasing bound folacin by enzymatic treatment. Most analytical values shown for folacin were determined by the use of conjugase, ascorbic acid, and Lactobacillus casei as the test organism. Vitamin B₁₂ is normally present in beverages containing products such as milk or eggs. Vitamin B₁₂ values are reported in beer (13). It is believed that B₁₂ is associated in some

way with the fermentation process. Vitamin B₁₂ values for nonalcoholic beverages containing no dairy or egg products are assumed to be zero.

The data for vitamin A include chemically determined preformed vitamin A and provitamin A carotenoids. Vitamin A activity is expressed both in international units (IU) and in retinol equivalents (RE). One IU is equivalent to 0.3 micrograms of retinol or 0.6 micrograms of beta-carotene; one RE is equivalent to 1 microgram of retinol or 6 micrograms of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

Lipids.--In the table, fatty acids are identified by number. The first number is the number of carbon atoms and the second is the number of double bonds in the chain. Trivial or scientific names for the fatty acids were not used because the values for unsaturated acids include positional and geometric isomers.

Most fatty acid values were calculated from analytical data for ingredients. Only data obtained by gas-liquid chromatographic analyses were used. The values shown are for the actual quantity of each fatty acid and do not represent fatty acid triglycerides. Most of the fatty acids were analyzed as their methyl esters. These data were converted to grams of fatty acids per 100 grams of total lipid by using the conversion factors given in the appendix. Details of the derivation of lipid conversion factors have been published (27).

Values for total saturated, mono-unsaturated, and polyunsaturated fatty acids include fatty acids not reported in the table; therefore, they may exceed the sum of the individual fatty acids listed. If the actual sum of the individual fatty acids exceeds the value for the total saturated, monounsaturated, or polyunsaturated fatty acids, the difference is due to rounding.

Cholesterol is not found in plant products. For beverages that contain only plant products, the value for cholesterol is shown as zero.

Amino acids.--The data represent results obtained primarily from chromatographic methods. Amino acid contents of each beverage were calculated from the mean amino acid content per gram of nitrogen using the protein content and nitrogen factors given in the table for each item. For those items containing nonprotein nitrogen, the adjusted protein values were used. Analytical data for amino acid contents of most beverages are very limited. For many items, amino acid patterns on a per-gram-of-nitrogen basis were calculated from data for individual components or by applying amino acid patterns for products with identical sources of protein. Amino acid values for prepared-with-milk items were calculated by weight from the individual components.

Notes on Beverages

Beverages are a complex group of foods with ingredients ranging from fruit juices, cereal grains, and milk products to nonprotein-nitrogen-containing cocoa, coffee, and tea. These basic beverage ingredients may be roasted, fermented, alkali treated, or infused--changing the nature of the basic ingredient and affecting the nutrient content. Little information has been reported on the effects of these treatments on the nutrient content of beverages.

This revision includes data for some products marketed in 1963 but not published in the 1963 handbook because data were limited. Also included are data for many new products such as light beer and flavored coffees. This revision also reflects changes in

product formulations since 1963. For example, instant tea no longer contains added malto-dextrin. Much of the data in the 1963 edition was limited to proximate components. No mineral values were published for carbonated beverages. Vitamin and mineral data (except sodium and potassium) were not presented for distilled spirits. This revision adds much of these data. The beverage market is still rapidly changing. While many new products have been included, many products have not because of a lack of data.

The beverages presented in this section represent currently marketed products. The sweeteners and sweetener combinations presented for low-calorie carbonated sodas were all available in 1985. The 1963 handbook presented data for cyclamate-sweetened low-calorie carbonated beverages. Most were in fact sweetened with a combination of cyclamate and saccharin. Cyclamate was removed from beverage use by a U.S. Food and Drug Administration ruling in October 1969 (24). Aspartame is currently the commonly used non-caloric beverage sweetener. It is approved for use in carbonated beverages and in dry powdered beverages (5). Saccharin is still available for beverage use (25).

Cocoa powders for beverage use are usually alkali processed. The 1963 handbook gave data on cocoa powder which had been alkali treated with sodium carbonate. Potassium carbonate is now commonly used for this treatment.

Beverages are presented as either alcoholic or nonalcoholic, as indicated on the first line of the heading appearing at the top of the page. Items are arranged alphabetically by common name within these categories. Malt beverage (NDB No. 14305), has been grouped with nonalcoholic beverages because the product contains less than 0.5% alcohol by volume. Some

commercial cocktail mixes available in bottled and powdered forms contain no alcohol, but they are included under the alcoholic heading because the prepared form contains alcohol.

The product form--powdered, canned, or frozen--is indicated only when necessary to distinguish between the various forms available. Beer and wine are commonly available in cans or bottles, so the packaging form is not specified. Canned, bottled, and aseptically packaged forms are interchangeable and data for all of these forms were combined. Also, not enough data are available to present them separately. Data on single-strength chilled or refrigerated drinks are not available.

If data are available, the powdered form is presented first followed by the canned and the frozen forms. Unsweetened products precede sweetened products. The presence of sweetener is indicated only when necessary to distinguish between available forms. The regular product always appears before the lower-calorie or reduced-calorie product. Decaffeinated products follow regular products.

The addition of nutrients is indicated in the item name only when necessary to distinguish between fortified and unfortified products, and products without added nutrients are presented before products with added nutrients. Added nutrients are identified in footnotes. Fruit drinks are most commonly fortified with vitamin C (ascorbic acid), and less commonly with vitamin A, usually in the form of vitamin A palmitate. Fortification of grape drink with thiamin and riboflavin was reflected in the 1963 handbook, but grape drink is no longer fortified with B vitamins.

Reformulations of beverage products are common. Labels should be checked for changes in nutrient contributing additives. Close attention was given to

additives that contribute nutrients, and nutrients affected by additives have been footnoted. The nutrient value that appears in the table applies to the product most commonly marketed.

Nutrient data for the different beverage forms were not derived from a common sample. Data were obtained from many sources and may represent different formulations, preparations, processing techniques, lengths and conditions of storage, laboratories, and possibly different methods of analysis. Therefore, differences in values for various beverage forms do not necessarily show the effects of processing or preparation.

Differences may occur between values for added nutrients presented in the table and label claims. Federal regulations allow reasonable excesses over labeled amounts (6). These excesses help assure that unstable nutrients will be present in the amounts declared on the label at the end of the product shelf life.

Commercially marketed products appear before items prepared from recipes. Powdered or frozen concentrated products are followed by the reconstituted form prepared with either milk or water. Preparation is indicated on the third line of the heading at the top of the page. Prepared-with-milk data were calculated using whole milk, NDB No. 01077 (23). Data for 1 cup of whole milk are presented in an appendix table on Nutrient Content of Fluid Milks. This table is presented for user convenience and includes nutrient contents for several types of fluid milk. Data on dairy items such as coffee whiteners and creams are not presented. They can be found in AH-8-1 (19). Data for products prepared with water were calculated using municipal water, NDB No. 14429.

Commercially processed items prepared with milk or water or prepared from

recipes have no number of samples since their values were calculated. For cocktails prepared from recipes, the percentage by weight of ingredients is given in a footnote. Recipes for cocktails are the same as those used in the 1985 recipe file created for U.S. Department of Agriculture Continuing Survey of Food Intakes by Individuals. No allowance was made in these recipes for ice. A weight and measure for ice appears on municipal water, NDB No. 14429. Limited data were available for a few commercially canned cocktails. These were included because of the increasing popularity of these items.

Data for wine include samples from the United States and other countries, because both domestic and imported products are commonly marketed and available. Table wines, such as burgundy, chablis, champagne, chianti, and sauterne contain less than 14 percent alcohol by volume. Dessert wines, including aperitifs, muscatel, sheries, port, and vermouths, contain more than 14 percent alcohol by volume. The Wine Institute recommends that table wine be reported as 11.5 percent alcohol by volume (7), down from 12.2 percent by volume as presented in the 1963 handbook. Light wines containing 7 percent alcohol by volume (5.6 grams per 100 grams) provide food energy values of approximately 45 kilocalories or 188 kilojoules per 100 grams. Values for sweet and dry wines are considered to be the same except for carbohydrate and food energy. Carbohydrate and food energy values for the sweet dessert wines appear in the table. Values for the dry dessert wines are footnoted. Differences in carbohydrate content between red, rose, and white table wines are related to the dryness of the wines. Dry table wines are lower in carbohydrates.

Ranges in sodium values for table wine are footnoted. High sodium values are found in ion-exchange-treated

wines. The United States and Italy permit wine to be treated in this way. France and Germany, however, do not. Other sources of sodium in wines are additions of sodium chloride, sodium sulfite, sodium metabisulfite, sodium sorbate, sodium bentonite, and sodium sulfide (3). Potassium content is reduced in ion-exchange-treated wines. White table wines are usually lower in potassium than red table wines (3). Ion-exchange treatment of domestic wines is decreasing (11).

Beer data include samples from the United States and other countries. The more common lagers and ales, rather than the heavier stouts and porters, are presented. Light beer is presented separately. Light beers are reduced-carbohydrate beers produced by either enzymatic or water processes. Considerable ranges can exist in the amounts of alcohol and food energy in light beers. These ranges are footnoted; labels give specific information. The newer reduced-calorie beers and lighter distilled spirits are not included because data were not available.

Mineral values in the 1963 handbook, the revised handbook sections AH-8-1 through 12, AH-456, and HG-72 (8) did not include mineral contributions from water unless water was an ingredient in a commercial product. The values presented here can serve as a guideline to make users aware of the presence of minerals in water and their mineral contributions in food and beverage preparation. Mineral values for waters in any given municipality may vary from those presented. Because of geographic differences, drinking water varies considerably in sodium content throughout the country (10). Mineral data for municipal water were obtained from an unpublished source and the sampling involved a geographic diversity. Information for tap water at a specific location is available from the local Public Health Department.

Brand names were used for bottled waters. In general, water for a particular brand name is obtained from the same geographic source and is consistent in mineral content. Beverage products bottled at different locations, such as carbonated drinks and beer, may vary in mineral content. It should be kept in mind, however, that manufacturers often subject the local water supply to additional treatments to ensure uniform product quality. Therefore, one cannot assume the water ingredient in these products to be the same as the bottling location municipal water. Carbonated drinks and beer have been widely sampled providing reliable mean values.

The carbonated beverage industry often reports nutrients based on syrup ingredients. Data are presented here for carbonated beverages as consumed, which is considered best for most users' purposes. Data includes syrup contributions as well as the minerals contributed by water in processing.

Fruit flavor drinks precede fruit drinks following the order of percentage juice content. There are no standards of identity for these beverages. Fruit flavor drinks generally have less than 10 percent juice. Single-strength liquid lemonade and limeade contain about 15 percent juice. Fruit juice drinks contain 20 percent or more juice but vary widely. Some fruit juice drinks contain 60 percent juice. No 100-percent juices are presented in this section. One-hundred-percent fruit juices can be found in AH-8-9 (21) and 100-percent vegetable juices can be found in AH-8-11 (22). Bouillons are included in AH-8-6 (20).

The 1963 handbook did not include data for brewed coffee and tea. Brewed products result from the infusion of coffee grounds or loose or bagged tea leaves. Food consumption data show that brewed coffee and brewed tea are more commonly consumed than the

prepared instant products (16). Data are given for infusions prepared with municipal water; however, sampling was limited. As with other beverages, values for minerals will vary because of geographic differences in water.

Values given for infusions prepared with distilled water, which has no minerals, are footnoted. However, infusions prepared with distilled water are not comparable to the beverages as commonly consumed. Brewed tea data in the table are for the more common black tea. The composition of brewed coffee and brewed tea are greatly influenced by the amount of leaf or grounds; brewing method, i.e., steeped loose leaves or tea bags, drip or percolated; and infusion time. Analyses of instant coffee include freeze-dried and granular forms.

The adjusted protein values for coffee may be overestimated because nonprotein sources other than caffeine and theobromine are likely to be present. Caffeine values and theobromine values are given in footnotes when available. Decaffeinated carbonated beverages can be considered to contain zero caffeine. Decaffeinated coffee has about four percent of the caffeine found in regular coffee. No information is available at this time for decaffeinated tea products.

Herb teas, in general, contain no caffeine; only those herb tea mixtures containing maté can be expected to have any.

The only scientific names that apply to this section are those for coffee (*Coffea arabica*) and tea (*Camellia sinensis*) (18). These scientific names do not appear in the tables.

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- (27) Weihrauch, J.L., Posati, L.P., Anderson, B.A., and Exler, J. 1977. Lipid Conversion Factors for Calculating Fatty Acid Content of Foods. J. Amer. Oil Chem. Soc. 54:36-40.

Appendix

List of Abbreviations

approx	approximately
c	cup
fl oz	fluid ounce
g	gram
IU	international unit
kcal	kilocalorie
kJ	kilojoule
lb	pound
mcg	microgram
mg	milligram
ml	milliliter
N	Nitrogen
NDB.....	Nutrient Data Bank
No	number
oz	ounce
pkt	packet
qt	quart
RE	retinol equivalent
tbsp	tablespoon
tsp	teaspoon

Metric System Equivalents for Units of Measure

<u>Units of measure</u>	<u>Metric system equivalents</u>
Volume	
1 fluid ounce (2 tablespoons)	29.57 milliliters
1 cup (8 fluid ounces)	236.6 milliliters
1 quart (4 cups)	946.4 milliliters, or 0.946 liter
1 gallon (4 quarts)	3,785.6 milliliters, or 3.786 liters
Weight	
1 ounce	28.35 grams
1 pound (16 ounces).....	453.6 grams

Specific Factors for Calculating Energy Values

<u>Beverages</u>	Protein	Fat	Carbohydrate	Alcohol
	(kcal/g)			
Beer	3.87	8.37	4.12	6.93
Cocktail:				
Pina colada, canned	3.4	8.5	3.9	6.93
Whiskey sour mix.....	3.4	8.4	3.9	
Distilled spirit (gin, rum, vodka, whiskey)			4.12	6.93
Liqueur:				
Coffee	3.47	8.37	3.9	6.93
Coffee with cream	4.2	8.8	3.9	6.93
Creme de menthe	2.44	8.37	3.9	6.93
Wine	3.36	8.37	3.92	6.93
Beef broth and tomato juice	4.0	8.9	3.9	
Carbonated soda.....	3.36	8.37	3.87	
Carob flavor mix	3.47	8.37	3.9	
Chocolate flavor mix and chocolate syrup	1.83	8.37	3.5	
Clam and tomato juice	3.8	8.8	4.0	
Cocoa mix	3.6	8.7	3.6	
Coffee	3.47	8.37	4.07	
Coffee and chicory	3.2	8.37	4.1	
Coffee, sweetened and flavored:				
Without cocoa	3.5	8.6	3.9	
With cocoa	2.8	8.6	3.9	
Coffee substitute, cereal grain beverage	3.0	8.37	3.5	
Dairy drink mix, reduced calorie, aspartame sweetened.....	3.6	8.7	3.6	
Eggnog flavor mix.....	4.36	9.02	3.9	
Fruit flavored drink, fruit drink, and fruit juice drink	3.36	8.37	3.9	
Gelatin drink	3.9	9.02	3.87	
Lemonade and limeade	3.36	8.37	3.8	
Malt beverage	3.87	8.37	4.12	6.93
Malted milk flavor mix:				
Chocolate	3.4	8.5	3.7	
Natural	3.9	8.5	4.0	
Shake, fast food	4.27	8.8	3.9	
Strawberry flavor mix	3.9	8.37	3.9	
Tea	2.44	8.37	3.57	
Tea, sweetened.....	2.44	8.37	3.9	
Tea, low calorie, sodium saccharin sweetened	2.44	8.37	3.8	
Tea, herb.....	2.44	8.37	3.57	
Thirst quencher drink.....	3.36	8.37	3.9	

¹ Except lemonade and limeade.

Conversion Factors for Fatty Acids of Beverages

(Factors are based on the best available information; revision of some factors may be required as better data become available.)

<u>Beverage</u>	<u>Factor</u>
Chocolate syrup	0.956
Cocoa956
Coffee956
Grape juice660
Lemon juice530
Orange juice530
Pineapple juice660
Tea, unspecified500

Nutrient Contents of Fluid Milks

Nutrients and units	Whole, 3.3% fat ¹ 1 c = 244 g	Lowfat, 2% fat ² 1 c = 244 g	Lowfat, 1% fat ² 1 c = 244 g	Skim ² 1 c = 245 g
PROXIMATE:				
Water	g	214.70	217.67	219.80
Food energy	kcal	150	121	102
	kJ	627	507	427
Protein (N X 6.38)	g	8.03	8.12	8.03
Total lipid (fat)	g	8.15	4.68	2.59
Carbohydrate, total	g	11.37	11.71	11.66
Crude fiber	g	0	0	0
Ash	g	1.76	1.81	1.81
MINERALS:				
Calcium	mg	291	297	300
Iron	mg12	.12	.12
Magnesium	mg	33	33	34
Phosphorus	mg	228	232	235
Potassium	mg	370	377	381
Sodium	mg	120	122	123
Zinc	mg93	.95	.95
Copper	mg010		
Manganese	mg002		
VITAMINS: ³				
Ascorbic acid	mg	2.29	2.32	2.37
Thiamin	mg093	.095	.095
Riboflavin	mg395	.403	.407
Niacin	mg205	.210	.212
Pantothenic acid	mg766	.781	.788
Vitamin B ₆	mg102	.105	.105
Folacin	mcg	12	12	12
Vitamin B ₁₂	mcg871	.888	.898
Vitamin A	RE	76	140	145
	IU	307	500	500
LIPIDS:				
Fatty acids:				
Saturated, total	g	5.07	2.92	1.61
4:0	g26	.15	.08
6:0	g16	.09	.05
8:0	g09	.05	.03
10:0	g20	.12	.03
12:0	g23	.13	.06
14:0	g82	.47	.07
16:0	g	2.14	1.23	.26
18:0	g99	.57	.68
Monounsaturated, total	g	2.35	1.35	.31
16:1	g18	.10	.75
18:1	g	2.05	1.18	.06
20:1	g116
22:1	g016
Polyunsaturated, total	g30	.17	.04
18:2	g18	.11	.016
18:3	g12	.07	.011
18:4	g005
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	33	18	10
Phytosterols	mg			4
AMINO ACIDS:				
Tryptophan	g113	.115	.113
Threonine	g362	.367	.362
Isoleucine	g486	.492	.486
Leucine	g786	.796	.786
Lysine	g637	.644	.637
Methionine	g201	.204	.201
Cystine	g074	.075	.074
Phenylalanine	g388	.392	.388
Tyrosine	g388	.392	.388
Valine	g537	.544	.388
Arginine	g537	.544	.403
Histidine	g291	.294	.537
Alanine	g218	.220	.559
Aspartic acid	g277	.280	.291
Glutamic acid	g609	.616	.218
Glycine	g	1.681	1.701	.277
Proline	g170	.172	.170
Serine	g778	.787	.778
		.437	.442	.437

¹ (23)

² (19)

³ If milk is Vitamin D fortified, each cup contains 100 IU.

Guide to Beverages

	AH-8 item (1963)	AH-8-14 NDB No.	Page
Alcoholic:			
Beer:			
Regular	394	14003	21
Light		14006	22
Cocktail:			
Bloody Mary, prepared from recipe		14008	23
Bourbon and soda, prepared from recipe.....		14413	24
Daiquiri:			
Canned		14009	25
Prepared from recipe		14010	26
Gin and tonic, prepared from recipe		14011	27
Highball.	(See Cocktail: Bourbon and soda, prepared from recipe.)		
Manhattan, prepared from recipe		14012	28
Martini, prepared from recipe		14014	29
Pina colada:			
Canned		14015	30
Prepared from recipe		14017	31
Screwdriver, prepared from recipe		14018	32
Tequila sunrise:			
Canned		14019	33
Prepared from recipe		14020	34
Tom Collins, prepared from recipe		14023	35
Whiskey sour:			
Canned		14027	36
Prepared from recipe		14032	37
Whiskey sour mix:			
Powder		14024	38
Prepared with water and whiskey.....		14025	39
Bottled		14028	40
Prepared with whiskey		14029	41
Distilled spirit:			
All (gin, rum, vodka, whiskey).....	395-399	14037	42
Gin		14049	43
Rum		14050	44
Vodka		14051	45
Whiskey		14052	46
Liqueur:			
Coffee		14414	47
Coffee with cream		14415	48
Creme de menthe		14034	49
Wine:			
Dessert	400	14057	50
Table:			
All	401	14084	51
Red		14096	52
Rose		14104	53
White		14106	54

	AH-8 item (1963)	AH-8-14 NDB No.	Page
Nonalcoholic:			
Beef broth and tomato juice, canned	14114		55
Bouillon. (See Agriculture Handbook No. 8-6.)			
Breakfast drinks. (See Orange flavor drink, breakfast type.)			
Carbonated:			
Club soda	403	14121	56
Cola	404	14400	57
Cream soda	405	14130	58
Fruit soda. (See Carbonated: Grape soda, Lemon-lime soda, Orange soda.)			
Ginger ale	407	14136	59
Grape soda	406	14142	60
Lemon-lime soda	406	14145	61
Orange soda	406	14150	62
Pepper type		14153	63
Quinine. (See Carbonated: Tonic water.)			
Root beer	408	14157	64
Tonic water	402	14155	65
Low calorie:			
Aspartame sweetened, cola		14416	66
Sodium saccharin sweetened, all	409	14166	67
Carob flavor mix, powder		14168	68
Prepared with milk		14169	69
Cereal grain beverage. (See Coffee substitute.)			
Chocolate flavor mix, powder	779	14175	70
Prepared with milk		14177	71
Chocolate milk	1332	01102	72
Chocolate syrup:			
Without added nutrients	760	14181	73
Prepared with milk		14182	74
With added nutrients		14184	75
Prepared with milk		14186	76
Citrus fruit juice drink, frozen concentrate		14262	77
Prepared with water		14263	78
Clam and tomato juice, canned		14187	79
Club soda. (See Carbonated: Club soda.)			
Cocoa mix:			
Without added nutrients, powder	778	14192	80
Prepared with water		14194	81
With added nutrients, powder		14193	82
Prepared with water		14417	83
Reduced calorie, aspartame sweetened, powder		14196	84
Prepared with water		14390	85
Cocoa, prepared from recipe	1334	01105	86
Coffee:			
Brewed		14209	87
Instant:			
Regular, powder	799	14214	88

	AH-8 item (1963)	AH-8-14 NDB No.	AH-8-14 Page
Coffee, instant, regular, con.:			
Prepared with water	800	14215	89
Decaffeinated, powder		14218	90
Prepared with water		14219	91
With chicory, powder		14222	92
Prepared with water		14223	93
Sugar sweetened, cappuccino flavor, powder.....		14228	94
Prepared with water		14418	95
Sugar sweetened, French flavor, powder.....		14229	96
Prepared with water		14419	97
Sugar sweetened, mocha flavor, powder.....		14224	98
Prepared with water		14420	99
Coffee substitute, cereal grain beverage, powder		14236	100
Prepared with milk		14421	101
Prepared with water		14237	102
Coffee whitener (nondairy) (See Agriculture Handbook No. 8-1.)			
Cola. (See Carbonated: Cola.)			
Cranberry-apple juice drink, bottled		14238	103
Cranberry-apricot juice drink, bottled		14240	104
Cranberry-grape juice drink, bottled		14241	105
Cranberry juice cocktail:			
Bottled	922	14242	106
Frozen concentrate		14430	107
Prepared with water		14431	108
Low calorie, calcium saccharin and corn sweetened, bottled ...		14243	109
Cream, sweet, fluid. (See Agriculture Handbook No. 8-1.)			
Dairy drink mix, reduced calorie, aspartame sweetened,			
chocolate, powder		14422	110
Prepared with water		14423	111
Eggnog, dairy		01057	112
Eggnog flavor mix, powder		14244	113
Prepared with milk		14245	114
Fruit flavor drink.	(See Fruit punch flavor drink; Lemonade flavor drink; Orange flavor drink; breakfast type.)		
Fruit drink.	(See Fruit punch drink; Grape drink; Lemonade; Limeade; Orange drink.)		
Fruit juice.	(See Agriculture Handbook No. 8-9.)		
Fruit juice drink.	(See Citrus fruit juice drink; Cranberry-apple juice drink; Cranberry-apricot juice drink; Cranberry-grape juice drink; Cranberry juice cocktail; Fruit punch juice drink; Grape juice drink; Orange and apricot juice drink; Pineapple and grapefruit juice drink; Pineapple and orange juice drink.)		
Fruit nectar.	(See Agriculture Handbook No. 8-9.)		

	AH-8 item (1963)	AH-8-14 NDB No.	Page
Fruit punch:			
Flavor drink, powder	14265	115	
Prepared with water	14266	116	
Drink:			
Canned	14267	117	
Frozen concentrate	14268	118	
Prepared with water	14269	119	
Juice drink, frozen concentrate	14405	120	
Prepared with water	14406	121	
Gelatin, drinking, orange flavor, powder	14271	122	
Prepared with water	14397	123	
Ginger ale. (See Carbonated: Ginger ale.)			
Grape drink, canned	14277	124	
Grape juice drink, canned	1091	14282	125
Herb tea. (See Tea, herb.)			
Lemonade:			
Lemonade flavor drink, powder	14296	126	
Prepared with water	14297	127	
Lemonade, powder	14287	128	
Prepared with water	14288	129	
Lemonade, powder, low calorie, aspartame sweetened	14289	130	
Prepared with water	14290	131	
Lemonade, frozen concentrate	1251	14292	132
Prepared with water	1252	14293	133
Limeade, frozen concentrate	1263	14302	134
Prepared with water	1264	14303	135
Malt beverage		14305	136
Malted milk flavor mix:			
Chocolate:			
Without added nutrients, powder	14317	137	
Prepared with milk	14318	138	
With added nutrients, powder	14315	139	
Prepared with milk	14316	140	
Natural:			
Without added nutrients, powder	1329	14311	141
Prepared with milk	1330	14312	142
With added nutrients, powder	14309	14309	143
Prepared with milk	14310	14310	144
Milk. (See Agriculture Handbook No. 8-1.)			
Orange flavor drink, breakfast type:			
Powder	14407	145	
Prepared with water	14408	146	
Frozen concentrate, with orange pulp	14424	147	
Prepared with water	14425	148	
Orange drink:			
Breakfast type, frozen concentrate, with orange juice and orange pulp	14426	149	
Prepared with water	14427	150	
Canned	14323	151	

	AH-8 item (1963)	AH-8-14 NDB No.	Page
Orange and apricot juice drink, canned	1442	14327	152
Pineapple and grapefruit juice drink, canned	1622	14334	153
Pineapple and orange juice drink, canned	1623	14341	154
Punch.	(See Fruit punch drink; Fruit punch flavor drink; Fruit punch juice drink.)		
Root beer.	(See Carbonated: Root beer.)		
Shake, fast food:			
Chocolate		14346	155
Strawberry		14428	156
Vanilla		14347	157
Soft drink.	(See Carbonated.)		
Strawberry flavor mix, powder		14350	158
Prepared with milk		14351	159
Tea:			
Brewed		14355	160
Instant:			
Unsweetened, powder	2276	14366	161
Prepared with water	2277	14367	162
Unsweetened, lemon flavor, powder		14368	163
Prepared with water		14369	164
Sugar sweetened, lemon flavor, powder		14370	165
Prepared with water		14371	166
Low calorie, sodium saccharin sweetened, lemon flavor, powder		14375	167
Prepared with water		14376	168
Tea, herb, brewed		14381	169
Thirst quencher drink, bottled		14382	170
Tonic water.	(See Carbonated: Tonic water.)		
Vegetable juice.	(See Agriculture Handbook No. 8-11.)		
Water:			
Bottled:			
Perrier		14384	171
Poland Springs		14385	172
Municipal		14429	173

Table of Nutrient Data

(Blank spaces indicate a lack of data.)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 29.7 g	12 fl oz can = 356 g		
A	B	C	D	E	F	G	
PROXIMATE:¹							
Water	g	92.3	21	27.4	328.8	418.9	
Food energy	{ kcal	41		12	146	186	
	kJ	172		51	612	780	
Protein (N X 6.25)	g	0.3	78	0.1	0.9	1.2	
Total lipid (fat)	g	0.0	1	0.0	0.0	0.0	
Carbohydrate, total	g	3.7		1.1	13.2	16.9	
Crude fiber	g						
Ash	g	0.1	25	0.0	0.4	0.5	
MINERALS:							
Calcium	mg	5	317	1	18	22	
Iron	mg	0.03	229	0.01	0.11	0.14	
Magnesium	mg	6	361	2	23	29	
Phosphorus	mg	12	28	4	44	56	
Potassium	mg	25	268	7	89	114	
Sodium	mg	5	248	2	19	24	
Zinc	mg	0.02	228	0.00	0.06	0.07	
Copper	mg	0.009	288	0.003	0.032	0.041	
Manganese	mg	0.012	0.001	0.004	0.043	0.054	
VITAMINS:							
Ascorbic acid	mg	0.0	0.010	2	0.0	0.0	
Thiamin	mg	0.006		13	0.002	0.027	
Riboflavin	mg	0.026		13	0.008	0.118	
Niacin	mg	0.453		13	0.135	2.055	
Pantothenic acid	mg	0.058		13	0.017	0.206	
Vitamin B ₆	mg	0.050		10	0.015	0.178	
Folacin	mcg	6.0		60	1.8	21.4	
Vitamin B ₁₂	mcg	0.02	0.001	33	0.01	0.06	
Vitamin A	{ RE	0			0	0	
	IU	0			0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.003		0.001	0.011	0.014	
Threonine	g	0.005		0.001	0.018	0.023	
Isoleucine	g	0.005		0.001	0.018	0.023	
Leucine	g	0.006		0.002	0.021	0.027	
Lysine	g	0.007		0.002	0.025	0.032	
Methionine	g	0.001		0.000	0.004	0.005	
Cystine	g	0.003		0.001	0.011	0.014	
Phenylalanine	g	0.006		0.002	0.021	0.027	
Tyrosine	g	0.015		0.004	0.053	0.068	
Valine	g	0.009		0.003	0.032	0.041	
Arginine	g	0.009		0.003	0.032	0.041	
Histidine	g	0.005		0.001	0.018	0.023	
Alanine	g	0.011		0.003	0.039	0.050	
Aspartic acid	g	0.012		0.004	0.043	0.054	
Glutamic acid	g	0.031		0.009	0.110	0.141	
Glycine	g	0.009		0.003	0.032	0.041	
Proline	g	0.030		0.009	0.107	0.136	
Serine	g	0.005		0.001	0.018	0.023	

¹ Alcohol 4.5% by volume (3.6 g per 100 g).² Soluble fiber determined as pectin = 0.2 g per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 29.5 g	12 fl oz can = 354 g	Refuse: 0	G
A	B	C	D	E	F		
PROXIMATE:¹							
Water	g	95.2	0.168	7	28.1 8 35	337.0 100 420	431.8
Food energy ²	{ kcal	28 119					129 538
Protein (N X 6.25)	g	0.2		4	0.1	0.7	0.9
Total lipid (fat)	g	0.0	0.005	4	0.0	0.0	0.0
Carbohydrate, total	g	1.3			0.4	4.8	6.1
Crude fiber	g						
Ash	g	0.1	0.010	4	0.0	0.3	0.4
MINERALS:							
Calcium	mg	5	0.532	14	1	18	23
Iron	mg	0.04		4	0.01	0.12	0.16
Magnesium	mg	5	0.149	14	1	17	22
Phosphorus	mg	12	3.950	2	4	43	55
Potassium	mg	18	1.060	4	5	64	82
Sodium	mg	3	0.358	11	1	10	12
Zinc	mg	0.03	0.005	4	0.01	0.11	0.14
Copper	mg	0.024	0.006	4	0.007	0.085	0.109
Manganese	mg	0.016	0.001	4	0.005	0.057	0.073
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.009	0.001	4	0.003	0.032	0.041
Riboflavin	mg	0.030	0.003	2	0.009	0.106	0.136
Niacin	mg	0.392	0.035	4	0.116	1.388	1.778
Pantothenic acid	mg	0.036	0.013	4	0.011	0.127	0.163
Vitamin B ₆	mg	0.034	0.003	4	0.010	0.120	0.154
Folacin	mcg	4.1	0.097	23	1.2	14.7	18.8
Vitamin B ₁₂	mcg	0.01	0.001	12	0.00	0.02	0.03
Vitamin A	{ RE	0			0	0	0
	IU	0			0	0	0
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000			0.000	0.000	0.000
4:0	g	0.000			0.000	0.000	0.000
6:0	g	0.000			0.000	0.000	0.000
8:0	g	0.000			0.000	0.000	0.000
10:0	g	0.000			0.000	0.000	0.000
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.000			0.000	0.000	0.000
18:0	g	0.000			0.000	0.000	0.000
Monounsaturated, total	g	0.000			0.000	0.000	0.000
16:1	g	0.000			0.000	0.000	0.000
18:1	g	0.000			0.000	0.000	0.000
20:1	g	0.000			0.000	0.000	0.000
22:1	g	0.000			0.000	0.000	0.000
Polyunsaturated, total	g	0.000			0.000	0.000	0.000
18:2	g	0.000			0.000	0.000	0.000
18:3	g	0.000			0.000	0.000	0.000
18:4	g	0.000			0.000	0.000	0.000
20:4	g	0.000			0.000	0.000	0.000
20:5	g	0.000			0.000	0.000	0.000
22:5	g	0.000			0.000	0.000	0.000
22:6	g	0.000			0.000	0.000	0.000
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.003			0.001	0.011	0.014
Threonine	g	0.004			0.001	0.014	0.018
Isoleucine	g	0.004			0.001	0.014	0.018
Leucine	g	0.005			0.001	0.018	0.023
Lysine	g	0.005			0.001	0.018	0.023
Methionine	g	0.001			0.000	0.004	0.005
Cystine	g	0.002			0.001	0.007	0.009
Phenylalanine	g	0.005			0.001	0.018	0.023
Tyrosine	g	0.012			0.004	0.042	0.054
Valine	g	0.007			0.002	0.025	0.032
Arginine	g	0.007			0.002	0.025	0.032
Histidine	g	0.004			0.001	0.014	0.018
Alanine	g	0.008			0.002	0.028	0.036
Aspartic acid	g	0.010			0.003	0.035	0.045
Glutamic acid	g	0.024			0.007	0.085	0.109
Glycine	g	0.007			0.002	0.025	0.032
Proline	g	0.023			0.007	0.081	0.104
Serine	g	0.004			0.001	0.014	0.018

¹Alcohol 4.0% by volume (3.2 g per 100 g). Range is from 2.2 to 4.4 g per 100 g.

²Range is from 22 to 37 kcal per 100 g. Check label for specifics.

ALCOHOLIC

Cocktail: Bloody Mary, prepared from recipe¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				1 fl oz	1 cocktail = 29.7 g (5 fl oz) = 148 g		
A	B	C	D	E	F		G
PROXIMATE:²							
Water	g	86.0		25.5	127.3	390.2	
Food energy	{ kcal	78		23	116	354	
	kJ	327		97	484	1,482	
Protein (N X 6.25)	g	0.5		0.2	0.8	2.3	
Total lipid (fat)	g	0.1		0.0	0.1	0.3	
Carbohydrate, total	g	3.3		1.0	4.8	14.8	
Crude fiber	g						
Ash	g	0.7		0.2	1.0	3.1	
MINERALS:							
Calcium	mg	7		2	10	31	
Iron	mg	0.37		0.11	0.55	1.69	
Magnesium	mg	8		2	11	35	
Phosphorus	mg	14		4	21	63	
Potassium	mg	146		43	216	662	
Sodium	mg	224		67	332	1,018	
Zinc	mg	0.09		0.03	0.14	0.42	
Copper	mg	0.069		0.020	0.102	0.313	
Manganese	mg	0.049		0.015	0.073	0.222	
VITAMINS:							
Ascorbic acid	mg	13.8		4.1	20.4	62.5	
Thiamin	mg	0.034		0.010	0.050	0.154	
Riboflavin	mg	0.022		0.007	0.033	0.100	
Niacin	mg	0.434		0.129	0.642	1.969	
Pantothenic acid	mg	0.163		0.048	0.241	0.739	
Vitamin B ₆	mg	0.072		0.021	0.107	0.327	
Folacin	mcg	13.3		3.9	19.6	60.2	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	34		10	51	156	
	{ IU	343		102	508	1,558	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.010		0.003	0.015	0.045	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.007		0.002	0.010	0.032	
18:0	g	0.002		0.001	0.003	0.009	
Monounsaturated, total	g	0.013		0.004	0.019	0.059	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.012		0.004	0.018	0.054	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.026		0.008	0.038	0.118	
18:2	g	0.024		0.007	0.036	0.109	
18:3	g	0.002		0.001	0.003	0.009	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Recipe: tomato juice, 61.5%; vodka, 28.3%; lemon juice, 10.2%.² Alcohol 11.7% by volume (9.4 g per 100 g).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz	1 cocktail = 29.0 g (4 fl oz) = 116 g		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g	86.9		25.2	100.8	394.1	
Food energy	{ kcal	90		26	105	410	
	{ kJ	379		110	439	1,717	
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	0.0		0.0	0.0	0.2	
Crude fiber	g						
Ash	g	0.0		0.0	0.0	0.2	
MINERALS:							
Calcium	mg	3		1	4	14	
Iron	mg						
Magnesium	mg	1		0	1	3	
Phosphorus	mg	2		1	2	9	
Potassium	mg	2		1	2	8	
Sodium	mg	14		4	16	62	
Zinc	mg	0.08		0.02	0.09	0.36	
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.003		0.001	0.003	0.014	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg	0.018		0.005	0.021	0.082	
Pantothenic acid	mg	0.000		0.000	0.000	0.000	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	{ IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0.000	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

¹ Recipe: club soda, 63.8%; bourbon, 36.2%.

² Alcohol 16.1% by volume (13.0 g per 100 g).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	1 fl oz	6.8 fl oz (200 ml) = 30.5 g can = 207 g	
A	B	C	D	E	F	G
PROXIMATE:¹						
Water	g	74.6	1	22.8	154.4	338.4
Food energy	{ kcal					
Protein (N X 6.25)	g					
Total lipid (fat)	g					
Carbohydrate, total	g					
Crude fiber	g					
Ash	g	0.1	1	0.0	0.2	0.4
MINERALS:						
Calcium	mg	0	1	0	1	1
Iron	mg	0.01	1	0.00	0.02	0.05
Magnesium	mg					
Phosphorus	mg					
Potassium	mg	11	1	3	22	48
Sodium	mg	40	1	12	83	181
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Alcohol 11.9% by volume (9.6 g per 100 g).

ALCOHOLIC
Cocktail: Daiquiri, prepared from recipe¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 fl oz = 30.2 g	1 cocktail (2 fl oz) = 60 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	69.8		21.1	41.9	316.8
Food energy	{ kcal	186		56	111	842
	kJ	777		235	466	3,523
Protein (N X 6.25)	g	0.1		0.0	0.0	0.3
Total lipid (fat)	g	0.1		0.0	0.0	0.3
Carbohydrate, total	g	6.8		2.0	4.1	30.8
Crude fiber	g					
Ash	g	0.1		0.0	0.1	0.4
MINERALS:						
Calcium	mg	3		1	2	15
Iron	mg	0.15		0.04	0.09	0.67
Magnesium	mg	2		1	1	9
Phosphorus	mg	6		2	4	28
Potassium	mg	21		6	13	95
Sodium	mg	5		1	3	22
Zinc	mg	0.06		0.02	0.04	0.29
Copper	mg	0.043		0.013	0.026	0.195
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	1.6		0.5	1.0	7.4
Thiamin	mg	0.014		0.004	0.008	0.064
Riboflavin	mg	0.001		0.000	0.001	0.005
Niacin	mg	0.042		0.013	0.025	0.191
Pantothenic acid	mg	0.017		0.005	0.010	0.077
Vitamin B ₆	mg	0.007		0.002	0.004	0.032
Folacin	mcg	2.0		0.6	1.2	9.1
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	2
	IU	4		1	2	19
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.007		0.002	0.004	0.032
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.006		0.002	0.004	0.027
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.006		0.002	0.004	0.027
16:1	g	0.001		0.000	0.001	0.005
18:1	g	0.005		0.002	0.003	0.023
20:1	g					
22:1	g					
Polysaturated, total	g	0.016		0.005	0.010	0.073
18:2	g	0.011		0.003	0.007	0.050
18:3	g	0.006		0.002	0.004	0.027
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Recipe: rum, 69.4%; lime juice, 25.5%; sugar, 5.1%.

² Alcohol 28.3% by volume (23.2 g per 100 g).

ALCOHOLIC

Cocktail: Gin and Tonic, prepared from recipe¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 30.0 g	1 cocktail (7.5 fl oz) = 225 g		
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	85.8		25.7	193.0	389.2	
Food energy	{ kcal	76		23	171	344	
	kJ	318		95	715	1,441	
Protein (N X 6.25)	g	0.0		0.0	0.0	0.1	
Total lipid (fat)	g	0.0		0.0	0.0	0.1	
Carbohydrate, total	g	7.0		2.1	15.8	31.8	
Crude fiber	g						
Ash	g	0.1		0.0	0.1	0.3	
MINERALS:							
Calcium	mg	2		1	4	8	
Iron	mg						
Magnesium	mg	1		0	2	4	
Phosphorus	mg	1		0	2	3	
Potassium	mg	5		2	12	24	
Sodium	mg	4		1	10	20	
Zinc	mg						
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.4		0.1	1.0	2.0	
Thiamin	mg	0.002		0.001	0.005	0.009	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg	0.011		0.003	0.025	0.050	
Pantothenic acid	mg	0.004		0.001	0.009	0.018	
Vitamin B ₆	mg	0.002		0.001	0.005	0.009	
Folacin	mcg	0.5		0.2	1.2	2.4	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	IU	1		0	2	5	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.002		0.001	0.005	0.009	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.002		0.001	0.005	0.009	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.002		0.001	0.005	0.009	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.001		0.000	0.000	0.000	
20:1	g			0.000	0.002	0.005	
22:1	g						
Polyunsaturated, total	g	0.004		0.001	0.009	0.018	
18:2	g	0.003		0.001	0.007	0.014	
18:3	g	0.002		0.001	0.005	0.009	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Recipe: tonic water, 74.5%; gin, 18.7%; lime juice, 6.8%.² Alcohol 8.8% by volume (7.1 g per 100 g).

ALCOHOLIC
Cocktail: Manhattan, prepared from recipe¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				E	F		
A	B	C	D	E	F		
PROXIMATE:							
Water	g	66.1		18.8	37.7	299.9	
Food energy	{ kcal	224		64	128	1,018	
	kj	939		268	535	4,260	
Protein (N X 6.25)	g	0.1		0.0	0.0	0.2	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	3.2		0.9	1.8	14.5	
Crude fiber	g			0.0	0.0	0.4	
Ash	g	0.1		0.0	0.0		
MINERALS:							
Calcium	mg	2		1	1	10	
Iron	mg	0.09		0.03	0.05	0.40	
Magnesium	mg	2		1	1	11	
Phosphorus	mg	7		2	4	30	
Potassium	mg	26		7	15	116	
Sodium	mg	3		1	2	12	
Zinc	mg	0.05		0.01	0.03	0.24	
Copper	mg	0.028		0.008	0.016	0.127	
Manganese	mg	0.042		0.012	0.024	0.191	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.011		0.003	0.006	0.050	
Riboflavin	mg	0.006		0.002	0.003	0.027	
Niacin	mg	0.093		0.027	0.053	0.422	
Pantothenic acid	mg	0.008		0.002	0.005	0.036	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.1		0.0	0.1	0.5	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Recipe: whiskey, 73.7%; vermouth, 26.3%.²Alcohol 36.9% by volume (30.6 g per 100 g).

ALCOHOLIC

Cocktail: Martini, prepared from recipe¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz 1 cocktail = 28.2 g (2.5 fl oz) = 70 g		
A	B	C	D	E	F	G
PROXIMATE: ²						
Water	g	67.6		19.1	47.3	306.7
Food energy	{ kcal	223		63	156	1,012
	kJ	933		263	653	4,233
Protein (N X 6.25)	g	0.0		0.0	0.0	0.2
Total lipid (fat)	g	0.0		0.0	0.0	0.0
Carbohydrate, total	g	0.3		0.1	0.2	1.3
Crude fiber	g					
Ash	g	0.1		0.0	0.0	0.3
MINERALS:						
Calcium	mg	2		1	1	9
Iron	mg	0.09		0.02	0.06	0.39
Magnesium	mg	2		1	1	10
Phosphorus	mg	3		1	2	13
Potassium	mg	18		5	13	83
Sodium	mg	3		1	2	14
Zinc	mg	0.02		0.00	0.01	0.07
Copper	mg	0.006		0.002	0.004	0.027
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.001		0.000	0.001	0.005
Riboflavin	mg	0.003		0.001	0.002	0.014
Niacin	mg	0.015		0.004	0.011	0.068
Pantothenic acid	mg	0.006		0.002	0.004	0.027
Vitamin B ₆	mg	0.005		0.001	0.004	0.023
Folacin	mcg	0.2		0.1	0.2	1.0
Vitamin B ₁₂	mcg	0.00		0.00	0.00	0.01
Vitamin A	{ RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.000		0.000	0.000	0.000
4:0	g	0.000		0.000	0.000	0.000
6:0	g	0.000		0.000	0.000	0.000
8:0	g	0.000		0.000	0.000	0.000
10:0	g	0.000		0.000	0.000	0.000
12:0	g	0.000		0.000	0.000	0.000
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.000		0.000	0.000	0.000
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.000		0.000	0.000	0.000
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.000		0.000	0.000	0.000
20:1	g	0.000		0.000	0.000	0.000
22:1	g	0.000		0.000	0.000	0.000
Polyunsaturated, total	g	0.000		0.000	0.000	0.000
18:2	g	0.000		0.000	0.000	0.000
18:3	g	0.000		0.000	0.000	0.000
18:4	g	0.000		0.000	0.000	0.000
20:4	g	0.000		0.000	0.000	0.000
20:5	g	0.000		0.000	0.000	0.000
22:5	g	0.000		0.000	0.000	0.000
22:6	g	0.000		0.000	0.000	0.000
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Recipe: gin, 79.4%; vermouth, 20.6%.² Alcohol 38.4% by volume (32.0 g per 100 g).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				1 fl oz = 32.6 g	6.8 fl oz (200 ml) can = 222 g		
A	B	C	D	E	F		G
PROXIMATE:							
Water	g	54.9	1	17.9	121.8	248.9	
Food energy	{ kcal	237		77	525	1,073	
	kJ	990		323	2,198	4,491	
Protein (N X 6.25)	g	0.6	1	0.2	1.3	2.7	
Total lipid (fat)	g	7.6	1	2.5	16.9	34.5	
Carbohydrate, total	g	27.6		9.0	61.3	125.2	
Crude fiber	g						
Ash	g	0.3	1	0.1	0.7	1.5	
MINERALS:							
Calcium	mg	1	1	0	1	3	
Iron	mg	0.03	1	0.01	0.07	0.14	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	83	1	27	184	376	
Sodium	mg	71	1	23	158	322	
Zinc	mg						
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.571		2.142	14.588	29.806	
4:0	g						
6:0	g	0.044		0.014	0.098	0.200	
8:0	g	0.570		0.186	1.265	2.586	
10:0	g	0.459		0.150	1.019	2.082	
12:0	g	3.391		1.105	7.528	15.382	
14:0	g	1.275		0.416	2.831	5.783	
16:0	g	0.622		0.203	1.381	2.821	
18:0	g	0.211		0.069	0.468	0.957	
Monounsaturated, total	g	0.442		0.144	0.981	2.005	
16:1	g						
18:1	g	0.442		0.144	0.981	2.005	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.137		0.045	0.304	0.621	
18:2	g	0.137		0.045	0.304	0.621	
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Alcohol 11.2% by volume (9.0 g per 100 g).

ALCOHOLIC
Cocktail: Pina Colada, prepared from recipe¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	65.1		20.4	91.7	295.1
Food energy	{ kcal	186		58	262	843
	kJ	778		244	1,097	3,529
Protein (N X 6.1)	g	0.4		0.1	0.6	1.9
Total lipid (fat)	g	1.9		0.6	2.6	8.5
Carbohydrate, total	g	28.3		8.9	39.9	128.2
Crude fiber	g					
Ash	g	0.1		0.0	0.2	0.6
MINERALS:						
Calcium	mg	8		2	11	35
Iron	mg	0.22		0.07	0.31	0.99
Magnesium	mg					
Phosphorus	mg	7		2	10	34
Potassium	mg	71		22	100	322
Sodium	mg	6		2	9	28
Zinc	mg	0.13		0.04	0.19	0.60
Copper	mg	0.082		0.026	0.116	0.372
Manganese	mg					
VITAMINS:						
Ascorbic acid ³	mg	4.7		1.5	6.7	21.5
Thiamin	mg	0.028		0.009	0.039	0.127
Riboflavin	mg	0.014		0.004	0.020	0.064
Niacin	mg	0.118		0.037	0.166	0.535
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin ³	mcg	10.2		3.2	14.4	46.3
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A ³	{ RE	0		0	0	1
	IU	2		1	3	10
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.872		0.274	1.230	3.955
4:0	g					
6:0	g	0.005		0.002	0.007	0.023
8:0	g	0.070		0.022	0.099	0.318
10:0	g	0.057		0.018	0.080	0.259
12:0	g	0.419		0.132	0.591	1.901
14:0	g	0.158		0.050	0.223	0.717
16:0	g	0.113		0.035	0.159	0.513
18:0	g	0.050		0.016	0.071	0.227
Monounsaturated, total	g	0.162		0.051	0.228	0.735
16:1	g	0.013		0.004	0.018	0.059
18:1	g	0.149		0.047	0.210	0.676
20:1	g					
22:1	g					
Polysaturated, total	g	0.348		0.109	0.491	1.579
18:2	g	0.207		0.065	0.292	0.939
18:3	g	0.141		0.044	0.199	0.640
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Recipe: pineapple juice, 44.2%; rum, 29.7%; sugar, 15.7%; coconut cream, 10.4%.

² Alcohol 12.3% by volume (9.9 g per 100 g).

³ Value based only on data for canned pineapple juice without added ascorbic acid.

ALCOHOLIC
Cocktail: Screwdriver, prepared from recipe¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0	
A	B	C	D	E	F	G
PROXIMATE: ²						
Water	g	83.8		25.5	178.6	380.3
Food energy	{ kcal	82		25	174	372
Food energy	{ kJ	343		104	730	1,555
Protein (N X 6.25)	g	0.5		0.2	1.2	2.5
Total lipid (fat)	g	0.0		0.0	0.1	0.2
Carbohydrate, total	g	8.6		2.6	18.4	39.2
Crude fiber	g					
Ash	g	0.3		0.1	0.7	1.4
MINERALS:						
Calcium	mg	7		2	16	33
Iron	mg	0.08		0.02	0.17	0.37
Magnesium	mg	8		2	17	37
Phosphorus	mg	14		4	29	62
Potassium	mg	153		46	325	692
Sodium	mg	1		0	2	5
Zinc	mg	0.04		0.01	0.09	0.18
Copper	mg	0.037		0.011	0.079	0.168
Manganese	mg	0.011		0.003	0.023	0.050
VITAMINS:						
Ascorbic acid	mg	31.2		9.5	66.5	141.5
Thiamin	mg	0.064		0.019	0.136	0.290
Riboflavin	mg	0.015		0.005	0.032	0.068
Niacin	mg	0.162		0.049	0.345	0.735
Pantothenic acid	mg	0.127		0.039	0.271	0.576
Vitamin B ₆	mg	0.035		0.011	0.075	0.159
Folacin	mcg	35.1		10.7	74.8	159.3
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	6		2	13	28
Vitamin A	{ IU	63		19	133	284
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.006		0.002	0.013	0.027
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.006		0.002	0.013	0.027
18:0	g					
Monounsaturated, total	g	0.008		0.002	0.017	0.036
16:1	g	0.001		0.000	0.002	0.005
18:1	g	0.008		0.002	0.017	0.036
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.010		0.003	0.021	0.045
18:2	g	0.008		0.002	0.017	0.036
18:3	g	0.003		0.001	0.006	0.014
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.001		0.000	0.002	0.005
Threonine	g	0.006		0.002	0.013	0.027
Isoleucine	g	0.006		0.002	0.013	0.027
Leucine	g	0.010		0.003	0.021	0.045
Lysine	g	0.007		0.002	0.015	0.032
Methionine	g	0.003		0.001	0.006	0.014
Cystine	g	0.004		0.001	0.009	0.018
Phenylalanine	g	0.007		0.002	0.015	0.032
Tyrosine	g	0.003		0.001	0.006	0.014
Valline	g	0.009		0.003	0.019	0.041
Arginine	g	0.037		0.011	0.079	0.168
Histidine	g	0.002		0.001	0.004	0.009
Alanine	g	0.012		0.004	0.026	0.054
Aspartic acid	g	0.058		0.018	0.124	0.263
Glutamic acid	g	0.026		0.008	0.055	0.118
Glycine	g	0.007		0.002	0.015	0.032
Proline	g	0.034		0.010	0.072	0.154
Serine	g	0.010		0.003	0.021	0.045

¹ Recipe: orange juice, 80.2%; vodka, 19.8%.

² Alcohol 8.2% by volume (6.6 g per 100 g).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	1 pound of food as purchased
				1 fl oz	6.8 fl oz (200 ml)		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	78.8	1	24.5	166.2		357.3
Food energy	{ kcal . . .						
kJ . . .							
Protein (N X 6.25)	g . . .						
Total lipid (fat)	g . . .						
Carbohydrate, total	g . . .						
Crude fiber	g . . .						
Ash	g . . .	0.1	1	0.0	0.3		0.6
MINERALS:							
Calcium	mg . . .	0	1	0	1		2
Iron	mg . . .	0.02	1	0.01	0.04		0.09
Magnesium	mg . . .						
Phosphorus	mg . . .						
Potassium	mg . . .	10	1	3	22		47
Sodium	mg . . .	57	1	18	119		256
Zinc	mg . . .						
Copper	mg . . .						
Manganese	mg . . .						
VITAMINS:							
Ascorbic acid	mg . . .						
Thiamin	mg . . .						
Riboflavin	mg . . .						
Niacin	mg . . .						
Pantothenic acid	mg . . .						
Vitamin B ₆	mg . . .						
Folacin	mcg . . .						
Vitamin B ₁₂	mcg . . .						
Vitamin A	{ RE . . .						
	IU . . .						
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .						
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .						
12:0	g . . .						
14:0	g . . .						
16:0	g . . .						
18:0	g . . .						
Monounsaturated, total . . .	g . . .						
16:1	g . . .						
18:1	g . . .						
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total . . .	g . . .						
18:2	g . . .						
18:3	g . . .						
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .						
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .						
Threonine	g . . .						
Isoleucine	g . . .						
Leucine	g . . .						
Lysine	g . . .						
Methionine	g . . .						
Cystine	g . . .						
Phenylalanine	g . . .						
Tyrosine	g . . .						
Valine	g . . .						
Arginine	g . . .						
Histidine	g . . .						
Alanine	g . . .						
Aspartic acid	g . . .						
Glutamic acid	g . . .						
Glycine	g . . .						
Proline	g . . .						
Serine	g . . .						

¹Alcohol 11.7% by volume (9.4 g per 100 g).

ALCOHOLIC

Cocktail: Tequila Sunrise, prepared from recipe¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	1 fl oz = 31.2 g	1 cocktail (5.5 fl oz)	Refuse: 0	G
A	B	C	D	E	F		
PROXIMATE:²							
Water	g	79.8		24.9	137.2	361.8	
Food energy	{ kcal	110		34	189	499	
	kJ	461		144	792	2,089	
Protein (N X 6.25)	g	0.3		0.1	0.6	1.6	
Total lipid (fat)	g	0.1		0.0	0.2	0.4	
Carbohydrate, total	g	8.6		2.7	14.7	38.8	
Crude fiber	g						
Ash	g						
MINERALS:							
Calcium	mg	6		2	10	26	
Iron	mg	0.28		0.09	0.47	1.25	
Magnesium	mg	7		2	12	31	
Phosphorus	mg	10		3	17	46	
Potassium	mg	104		32	178	470	
Sodium	mg	4		1	7	18	
Zinc	mg	0.06		0.02	0.11	0.28	
Copper	mg	0.042		0.013	0.072	0.191	
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	19.3		6.0	33.2	87.5	
Thiamin	mg	0.038		0.012	0.065	0.172	
Riboflavin	mg	0.016		0.005	0.028	0.073	
Niacin	mg	0.190		0.059	0.327	0.862	
Pantothenic acid	mg						
Vitamin B6	mg	0.050		0.016	0.086	0.227	
Folacin	mcg						
Vitamin B12	mcg	0		0	0	0	
Vitamin A	{ RE	10		3	17	44	
	IU	97		30	166	438	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.012		0.004	0.021	0.054	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.012		0.004	0.021	0.054	
18:0	g						
Monounsaturated, total	g	0.017		0.005	0.029	0.077	
16:1	g	0.003		0.001	0.005	0.014	
18:1	g	0.014		0.004	0.024	0.064	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.023		0.007	0.040	0.104	
18:2	g	0.018		0.006	0.031	0.082	
18:3	g	0.005		0.002	0.009	0.023	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Recipe: orange juice, 54.4%; tequila, 32.6%; lime juice, 9.0%; grenadine, 4.0%.

² Alcohol 13.5% by volume (10.9 g per 100 g).

ALCOHOLIC

Cocktail: Tom Collins, prepared from recipe¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz	1 cocktail = 29.6 g (7.5 fl oz) = 222 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	91.4		27.0	202.9	414.5	
Food energy	kcal	55		16	121	247	
	kJ	228		68	507	1,035	
Protein (N X 6.25)	g	0.0		0.0	0.1	0.1	
Total lipid (fat)	g	0.0		0.0	0.0	0.1	
Carbohydrate, total	g	1.3		0.4	3.0	6.1	
Crude fiber	g						
Ash	g	0.1		0.0	0.1	0.3	
MINERALS:							
Calcium	mg	4		1	10	19	
Iron	mg						
Magnesium	mg	1		0	3	6	
Phosphorus	mg	1		0	1	3	
Potassium	mg	8		2	18	38	
Sodium	mg	17		5	39	79	
Zinc	mg	0.08		0.02	0.17	0.35	
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	1.7		0.5	3.8	7.8	
Thiamin	mg	0.003		0.001	0.007	0.014	
Riboflavin	mg	0.001		0.000	0.002	0.005	
Niacin	mg	0.014		0.004	0.031	0.064	
Pantothenic acid	mg	0.006		0.002	0.013	0.027	
Vitamin B ₆	mg	0.003		0.001	0.007	0.014	
Folacin	mcg	0.7		0.2	1.5	3.2	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	(RE)	0		0	0	0	
	(IU)	1		0	2	5	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.003		0.001	0.007	0.014	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.002		0.001	0.004	0.009	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.001		0.000	0.002	0.005	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.001		0.000	0.000	0.000	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.006		0.002	0.013	0.027	
18:2	g	0.004		0.001	0.009	0.018	
18:3	g	0.002		0.001	0.004	0.009	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Recipe: club soda, 73.3%; gin, 18.9%; lemon juice, 6.9%; sugar, 0.9%.² Alcohol 9.0% by volume (7.2 g per 100 g).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 30.8 g	6.8 fl oz (200 ml) can = 209 g	
A	B	C	D	E	F	G
PROXIMATE:¹						
Water	g	76.9	1	23.7	160.7	348.8
Food energy	{ kcal					
	kJ					
Protein (N X 6.25)	g					
Total lipid (fat)	g					
Carbohydrate, total	g					
Crude fiber	g					
Ash	g	0.1	1	0.0	0.2	0.4
MINERALS:						
Calcium	mg	0	1	0	1	2
Iron	mg	0.01	1	0.00	0.02	0.05
Magnesium	mg					
Phosphorus	mg					
Potassium	mg	11	1	3	22	48
Sodium	mg	44	1	13	91	197
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Alcohol 11.8% by volume (9.5 g per 100 g).

ALCOHOLIC

Cocktail: Whiskey Sour, prepared from recipe¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 fl oz = 29.9 g	1 cocktail (3 fl oz) = 90 g		
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	77.1		23.0	69.3	349.5	
Food energy	{ kcal	136		41	123	618	
	kJ	570		170	513	2,584	
Protein (N X 6.25)	g	0.2		0.1	0.2	0.9	
Total lipid (fat)	g	0.1		0.0	0.1	0.7	
Carbohydrate, total	g	5.6		1.7	5.0	25.2	
Crude fiber	g						
Ash	g	0.2		0.1	0.2	0.9	
MINERALS:							
Calcium	mg	6		2	5	26	
Iron	mg	0.08		0.02	0.07	0.38	
Magnesium	mg	4		1	4	19	
Phosphorus	mg	7		2	6	32	
Potassium	mg	53		16	48	240	
Sodium	mg	11		3	10	50	
Zinc	mg	0.05		0.02	0.05	0.24	
Copper	mg	0.030		0.009	0.027	0.136	
Manganese	mg	0.017		0.005	0.015	0.077	
VITAMINS:							
Ascorbic acid	mg	12.6		3.8	11.4	57.4	
Thiamin	mg	0.213		0.064	0.192	0.966	
Riboflavin	mg	0.005		0.001	0.005	0.023	
Niacin	mg	0.123		0.037	0.111	0.558	
Pantothenic acid	mg	0.046		0.014	0.041	0.209	
Vitamin B ₆	mg	0.022		0.007	0.020	0.100	
Folacin	mcg	5.2		1.5	4.6	23.4	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	1		0	1	3	
	(IU)	8		2	7	35	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.019		0.006	0.017	0.086	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0.000	0.001	0.005	
16:0	g	0.017		0.005	0.015	0.077	
18:0	g	0.001		0.000	0.001	0.005	
Monounsaturated, total	g	0.006		0.002	0.005	0.027	
16:1	g	0.001		0.000	0.001	0.005	
18:1	g	0.006		0.002	0.005	0.027	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.044		0.013	0.040	0.200	
18:2	g	0.031		0.009	0.028	0.141	
18:3	g	0.012		0.004	0.011	0.054	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Recipe: lemon juice, 51.0%; whiskey, 46.8%; sugar, 2.2%.

² Alcohol 20.6% by volume (16.8 g per 100 g).

**ALCOHOLIC
Cocktail: Whiskey Sour Mix, powder**

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	1 pkt = 16.7 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:¹						
Water	g	0.6	1		0.1	2.5
Food energy	{ kcal	383		64	1,735	
kJ		1,600		267	7,260	
Protein (N X 6.25)	g	0.6	1	0.1	2.8	
Total lipid (fat)	g	0.1	1	0.0	0.6	
Carbohydrate, total	g	97.3		16.2	441.1	
Crude fiber ²	g					
Ash	g	1.4	1	0.2	6.5	
MINERALS:						
Calcium ³	mg	272	1	45	1,232	
Iron	mg	0.39	1	0.07	1.77	
Magnesium	mg	19	1	3	85	
Phosphorus ³	mg	13	1	2	59	
Potassium	mg	19	1	3	86	
Sodium ⁴	mg	274	1	46	1,243	
Zinc	mg	0.14	1	0.02	0.64	
Copper	mg	0.130	1	0.022	0.590	
Manganese	mg	0.000		0.000	0.000	
VITAMINS:						
Ascorbic acid	mg	2.7	1	0.5	12.2	
Thiamin	mg	0.005	1	0.001	0.023	
Riboflavin	mg	0.000		0.000	0.000	
Niacin	mg	0.000		0.000	0.000	
Pantothenic acid	mg	0.060	1	0.010	0.272	
Vitamin B ₆	mg	0.000		0.000	0.000	
Folacin	mcg	0.0		0.0	0.0	
Vitamin B ₁₂	mcg					
Vitamin A	{ RE	3		1	14	
	{ IU	30	1	5	136	
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.019			0.003	0.086
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0.000	0.000	
16:0	g	0.012		0.002	0.054	
18:0	g	0.000		0.000	0.000	
Monounsaturated, total	g	0.006		0.001	0.027	
16:1	g	0.000		0.000	0.000	
18:1	g	0.006		0.001	0.027	
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.037		0.006	0.168	
18:2	g	0.025		0.004	0.113	
18:3	g	0.012		0.002	0.054	
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Contains no alcohol.³Value for product with calcium phosphate.²Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.5 g per 100 g.⁴Value for product with sodium citrate.

ALCOHOLIC

Cocktail: Whiskey Sour Mix, powder
prepared with water and whiskey

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 29.4 g	103 g ¹		
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	69.1		20.3	71.2	313.4	
kcal	kcal	164		48	169	743	
Food energy	kJ	685		202	706	3,109	
Protein (N X 6.25)	g	0.1		0.0	0.1	0.5	
Total lipid (fat)	g	0.0		0.0	0.0	0.1	
Carbohydrate, total	g	15.9		4.7	16.4	72.1	
Crude fiber ³	g						
Ash	g	0.3		0.1	0.3	1.2	
MINERALS:							
Calcium ⁴	mg	45		13	47	205	
Iron	mg	0.08		0.02	0.08	0.36	
Magnesium	mg	4		1	4	16	
Phosphorus ⁴	mg	4		1	5	20	
Potassium	mg	4		1	4	18	
Sodium ⁵	mg	46		14	48	209	
Zinc	mg	0.05		0.02	0.05	0.24	
Copper	mg	0.033		0.010	0.034	0.150	
Manganese	mg	0.006		0.002	0.006	0.027	
VITAMINS:							
Ascorbic acid	mg	0.4		0.1	0.5	2.0	
Thiamin	mg	0.004		0.001	0.004	0.018	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg	0.020		0.006	0.021	0.091	
Pantothenic acid	mg	0.010		0.003	0.010	0.045	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{RE.	0		0	1	2	
	IU	5		1	5	22	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.003		0.001	0.003	0.014	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.003		0.001	0.003	0.014	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.001		0.000	0.001	0.005	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.001		0.000	0.001	0.005	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.006		0.002	0.006	0.027	
18:2	g	0.004		0.001	0.004	0.018	
18:3	g	0.002		0.001	0.002	0.009	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹1 pkt + 1.5 fl oz water + 1.5 fl oz whiskey.²Alcohol 18.0% by volume (14.6 g per 100 g).³Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.1 g per 100 g.⁴Value for product with calcium phosphate.⁵Value for product with sodium citrate.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: ¹
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 32.3 g	2 fl oz = 64.6 g	
A	B	C	D	E	F	G
PROXIMATE: ¹						
Water	g	78.2	2.720	2	25.3 27 114	50.5 55 228
Food energy	{ kcal	84 353				354.8 383 1,602
Protein (N X 6.25)	g	0.1	0.050	2	0.0 0.0	0.0 0.3
Total lipid (fat)	g	0.1	0.035	2	0.0 0.0	0.0 0.3
Carbohydrate, total	g	21.4			6.9	13.8
Crude fiber ²	g					97.2
Ash	g	0.2	0.085	2	0.1	0.1
MINERALS:						
Calcium	mg	2	0.600	2	1	1
Iron	mg	0.11	0.030	2	0.04	0.07
Magnesium	mg	1		2	0	1
Phosphorus ⁴	mg	6	5.750	2	2	4
Potassium ⁴	mg	28		1	9	18
Sodium ⁵	mg	102		1	33	66
Zinc	mg	0.07	0.010	2	0.02	0.05
Copper	mg	0.000			0.000	0.000
Manganese	mg	0.000			0.000	0.000
VITAMINS:						
Ascorbic acid	mg	2.7	0.750	2	0.9	1.7
Thiamin	mg	0.013	0.006	2	0.004	0.008
Riboflavin	mg	0.010	0.007	2	0.003	0.006
Niacin	mg	0.000			0.000	0.045
Pantothenic acid	mg	0.013	0.013	2	0.004	0.008
Vitamin B ₆	mg	0.000			0.000	0.059
Folacin	mcg	0.0			0.0	0.000
Vitamin B ₁₂	mcg	0			0	0.0
Vitamin A	{ RE	2	1.100	2	1	1
	IU	21	11.000	2	7	14
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.008			0.003	0.005
4:0	g					0.036
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000				
16:0	g	0.008			0.000	0.000
18:0	g	0.000			0.003	0.005
Monounsaturated, total	g	0.002			0.000	0.000
16:1	g	0.000			0.001	0.001
18:1	g	0.002			0.000	0.000
20:1	g				0.001	0.001
22:1	g					0.009
Polyunsaturated, total	g	0.020			0.006	0.013
18:2	g	0.013			0.004	0.008
18:3	g	0.005			0.002	0.003
18:4	g					0.023
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0			0	0
Phytosterols	mg					0
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Contains no alcohol.

²Soluble fiber determined as pectin = 0.2 g per 100 g.

³Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.2 g per 100 g.

⁴Value for product with potassium sorbate. Product without potassium sorbate contains 7 mg per 100 g.

⁵Value for product with sodium citrate and sodium benzoate. Product with only sodium benzoate contains 33 mg per 100 g.

ALCOHOLIC

Cocktail: Whiskey Sour Mix, bottled
prepared with whiskey

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl. oz = 30.4 g	106 g ¹		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g	72.6		22.1	76.9	329.2	
Food energy	kcal	149		45	158	678	
	kJ	625		190	663	2,837	
Protein (N X 6.25)	g	0.0		0.0	0.0	0.2	
Total lipid (fat)	g	0.0		0.0	0.0	0.2	
Carbohydrate, total	g	13.1		4.0	13.8	59.2	
Crude fiber ^{3,4}	g						
Ash	g	0.1		0.0	0.1	0.6	
MINERALS:							
Calcium	mg	1		0	1	5	
Iron	mg	0.08		0.02	0.08	0.36	
Magnesium	mg	1		0	1	3	
Phosphorus	mg	6		2	6	27	
Potassium ⁵	mg	18		5	19	80	
Sodium ⁶	mg	62		19	66	282	
Zinc	mg	0.06		0.02	0.06	0.27	
Copper	mg	0.009		0.003	0.010	0.041	
Manganese	mg	0.006		0.002	0.006	0.027	
VITAMINS:							
Ascorbic acid	mg	1.6		0.5	1.7	7.3	
Thiamin	mg	0.011		0.003	0.012	0.050	
Riboflavin	mg	0.006		0.002	0.006	0.027	
Niacin	mg	0.020		0.006	0.021	0.091	
Pantothenic acid	mg	0.008		0.002	0.008	0.036	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	1	6	
Vitamin A	RE	1		4	14	58	
	IU	13					
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.005		0.002	0.005	0.023	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.005		0.002	0.005	0.023	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.001		0.000	0.001	0.005	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.001		0.000	0.001	0.005	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g	0.012		0.004	0.013	0.054	
18:2	g	0.008		0.002	0.008	0.036	
18:3	g	0.003		0.001	0.003	0.014	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

^{1,2} 1 fl. oz mix + 1.5 fl. oz whiskey.² Alcohol 17.4% by volume (14.1 g per 100 g).³ Soluble fiber determined as pectin = 0.1 g per 100 g.⁴ Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.1 g per 100 g.⁵ Value for product with potassium sorbate. Product without potassium sorbate contains 5 mg per 100 g.⁶ Value for product with sodium citrate and sodium benzoate. Product with only sodium benzoate contains 20 mg per 100 g.

ALCOHOLIC

Distilled Spirit: All (gin, rum, vodka, whiskey)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	1 pound of food as purchased
				1 fl oz	1.5 fl oz		
A	B	C	D	E	F	G	
PROXIMATE: ^{1 2 3 4 5}							
Water	g	kcal					
Food energy	{ kcal	kJ					
Protein (N X 6.25)	g	0.0	4	0.0	0.0	0.0	0.0
Total lipid (fat)	g	0.0	4	0.0	0.0	0.0	0.0
Carbohydrate, total	g						
Crude fiber	g						
Ash	g	0.0	4	0.0	0.0	0.0	0.0
MINERALS:							
Calcium	mg	0	235	0	0	2	
Iron	mg	0.04	128	0.01	0.02	0.19	
Magnesium	mg	0	231	0	0	1	
Phosphorus	mg	4	13	1	2	19	
Potassium	mg	2	254	0	1	8	
Sodium	mg	1	260	0	0	4	
Zinc	mg	0.04	66	0.01	0.02	0.20	
Copper	mg	0.021	136	0.006	0.009	0.095	
Manganese	mg	0.018	12	0.005	0.008	0.082	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.006	16	0.002	0.003	0.027	
Riboflavin	mg	0.004	16	0.001	0.002	0.018	
Niacin	mg	0.013	16	0.004	0.005	0.059	
Pantothenic acid	mg	0.000	8	0.000	0.000	0.000	
Vitamin B ₆	mg	0.001	8	0.000	0.000	0.005	
Folacin	mcg	0.0	14	0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polysaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

¹ 80 proof. See proximates on rum (NDB No. 14050).² 86 proof. See proximates on whiskey (NDB No. 14052).³ 90 proof. See proximates on gin (NDB No. 14049).⁴ 94 proof. Alcohol 47.0% by volume (39.7 g per 100 g); water 60.3 g per 100 g; food energy 275 kcal, or 1,151 kJ per 100 g; total carbohydrate 0.0 g per 100 g.⁵ 100 proof. Alcohol 50.0% by volume (42.5 g per 100 g); water 57.5 g per 100 g; food energy 295 kcal, or 1,234 kJ per 100 g; total carbohydrate 0.0 g per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				1 fl oz	1.5 fl oz jigger = 27.7 g		
A	B	C	D	E	F		
PROXIMATE:¹							
Water	g	62.1	1	17.2	26.1	281.6	
Food energy	{ kcal	263		73	110	1,191	
	{ kJ	1,099		304	462	4,985	
Protein (N X 6.25)	g	0.0	1	0.0	0.0	0.0	
Total lipid (fat)	g	0.0	1	0.0	0.0	0.0	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Crude fiber	g						
Ash	g	0.0	1	0.0	0.0	0.0	
MINERALS:							
Calcium	mg	0	2	0	0	2	
Iron	mg	0.00	0.000	0.00	0.00	0.00	
Magnesium	mg	0	2	0	0	0	
Phosphorus	mg	0		0	0	0	
Potassium	mg	0	1	0	0	0	
Sodium	mg	2	3	1	1	9	
Zinc	mg	0.00		0.00	0.00	0.00	
Copper	mg	0.004	0.003	0.001	0.002	0.018	
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg	0.000	1	0.000	0.000	0.000	
Pantothenic acid	mg	0.000	1	0.000	0.000	0.000	
Vitamin B ₆	mg	0.000	1	0.000	0.000	0.000	
Folacin	mcg	0.0	1	0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	{ IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polysaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

¹90 proof. Alcohol 45.0% by volume (37.9 g per 100 g).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 27.8 g	1.5 fl oz = 42 g	
	A	B	C	E	F	G
PROXIMATE:						
Water	g	66.6	1	18.5	28.0	302.1
Food energy	{ kcal	231		64	97	1,050
	{ kJ	968		269	407	4,393
Protein (N X 6.25)	g	0.0	1	0.0	0.0	0.0
Total lipid (fat)	g	0.0	1	0.0	0.0	0.0
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Crude fiber	g					
Ash	g	0.0	1	0.0	0.0	0.0
MINERALS:						
Calcium	mg	0	4	0	0	2
Iron	mg	0.12	14	0.03	0.05	0.54
Magnesium	mg	0	2	0	0	1
Phosphorus	mg	5	1	1	2	24
Potassium	mg	2	4	1	1	11
Sodium	mg	1	5	0	0	5
Zinc	mg	0.07	1	0.02	0.03	0.32
Copper	mg	0.050	19	0.014	0.021	0.227
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.008	1	0.002	0.003	0.036
Riboflavin	mg	0.000		0.000	0.000	0.000
Niacin	mg	0.000	1	0.000	0.000	0.000
Pantothenic acid	mg	0.000	1	0.000	0.000	0.000
Vitamin B6	mg	0.000	1	0.000	0.000	0.000
Folacin	mcg	0.0	1	0.0	0.0	0.0
Vitamin B12	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	0
	{ IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.000		0.000	0.000	0.000
4:0	g	0.000		0.000	0.000	0.000
6:0	g	0.000		0.000	0.000	0.000
8:0	g	0.000		0.000	0.000	0.000
10:0	g	0.000		0.000	0.000	0.000
12:0	g	0.000		0.000	0.000	0.000
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.000		0.000	0.000	0.000
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.000		0.000	0.000	0.000
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.000		0.000	0.000	0.000
20:1	g	0.000		0.000	0.000	0.000
22:1	g	0.000		0.000	0.000	0.000
Polyunsaturated, total	g	0.000		0.000	0.000	0.000
18:2	g	0.000		0.000	0.000	0.000
18:3	g	0.000		0.000	0.000	0.000
18:4	g	0.000		0.000	0.000	0.000
20:4	g	0.000		0.000	0.000	0.000
20:5	g	0.000		0.000	0.000	0.000
22:5	g	0.000		0.000	0.000	0.000
22:6	g	0.000		0.000	0.000	0.000
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000		0.000	0.000	0.000
Threonine	g	0.000		0.000	0.000	0.000
Isoleucine	g	0.000		0.000	0.000	0.000
Leucine	g	0.000		0.000	0.000	0.000
Lysine	g	0.000		0.000	0.000	0.000
Methionine	g	0.000		0.000	0.000	0.000
Cystine	g	0.000		0.000	0.000	0.000
Phenylalanine	g	0.000		0.000	0.000	0.000
Tyrosine	g	0.000		0.000	0.000	0.000
Valine	g	0.000		0.000	0.000	0.000
Arginine	g	0.000		0.000	0.000	0.000
Histidine	g	0.000		0.000	0.000	0.000
Alanine	g	0.000		0.000	0.000	0.000
Aspartic acid	g	0.000		0.000	0.000	0.000
Glutamic acid	g	0.000		0.000	0.000	0.000
Glycine	g	0.000		0.000	0.000	0.000
Proline	g	0.000		0.000	0.000	0.000
Serine	g	0.000		0.000	0.000	0.000

¹ 80 proof. Alcohol 40.0% by volume (33.4 g per 100 g).

ALCOHOLIC
Distilled Spirit: Vodka

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz	1.5 fl oz jigger = 27.8 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	66.6	1	18.5	28.0	302.1	
Food energy	{ kcal	231		64	97	1,050	
	kJ	968		269	407	4,393	
Protein (N X 6.25)	g	0.0	1	0.0	0.0	0.0	
Total lipid (fat)	g	0.0	1	0.0	0.0	0.0	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Crude fiber	g						
Ash	g	0.0	1	0.0	0.0	0.0	
MINERALS:							
Calcium	mg	0	3	0	0	2	
Iron	mg	0.01	3	0.00	0.00	0.05	
Magnesium	mg	0	3	0	0	2	
Phosphorus	mg	5	1	1	2	20	
Potassium	mg	1	3	0	0	5	
Sodium	mg	1	4	0	0	5	
Zinc	mg	0.00		0.00	0.00	0.00	
Copper	mg	0.010	1	0.003	0.004	0.045	
Manganese	mg	0.000		0.000	0.000	0.000	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.005	4	0.001	0.002	0.023	
Riboflavin	mg	0.007	4	0.002	0.003	0.032	
Niacin	mg	0.000	4	0.000	0.000	0.000	
Pantothenic acid	mg	0.000	2	0.000	0.000	0.000	
Vitamin B ₆	mg	0.000	2	0.000	0.000	0.000	
Folacin	mcg	0.0	2	0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	{ IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

¹80 proof. Alcohol 40.0% by volume (33.4 g per 100 g).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	1 pound of food as purchased
				1 fl oz = 27.8 g	1.5 fl oz jigger = 42 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	63.9	1	17.8	26.8	289.7	
Food energy	kcal	250		69	105	1,134	
	kj	1,046		291	439	4,744	
Protein (N X 6.25)	g	0.0	1	0.0	0.0	0.0	
Total lipid (fat)	g	0.0	1	0.0	0.0	0.0	
Carbohydrate, total	g	0.1		0.0	0.1	0.5	
Crude fiber	g						
Ash	g	0.0	1	0.0	0.0	0.1	
MINERALS:							
Calcium	mg	0	226	0	0	1	
Iron	mg	0.03	99	0.01	0.01	0.15	
Magnesium	mg	0	224	0	0	0	
Phosphorus	mg	5	10	2	2	25	
Potassium	mg	2	240	1	1	9	
Sodium	mg	1	243	0	0	2	
Zinc	mg	0.05	63	0.01	0.02	0.20	
Copper	mg	0.022	99	0.006	0.009	0.100	
Manganese	mg	0.015	9	0.004	0.006	0.068	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.008	10	0.002	0.003	0.036	
Riboflavin	mg	0.001	0.000	9	0.000	0.005	
Niacin	mg	0.050	10	0.014	0.021	0.227	
Pantothenic acid	mg	0.000	4	0.000	0.000	0.000	
Vitamin B ₆	mg	0.000	4	0.000	0.000	0.000	
Folacin	mcg	0.0	10	0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{RE.	0		0	0	0	
	IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

186 proof. Alcohol 43.0% by volume (36.0 g per 100 g).

**ALCOHOLIC
Liqueur: Coffee**

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				1 fl oz	1.5 fl oz glass		
A	B	C	D	E	F		
PROXIMATE:							
Water	g	31.0	1	10.8	16.1	140.7	
Food energy	{ kcal	336		117	174	1,522	
	kJ	1,404		489	730	6,368	
Protein (N X 6.25) ¹	g	0.1	0.031	2	0.0	0.0	0.4
Total lipid (fat)	g	0.3	0.000	2	0.1	0.1	1.1
Carbohydrate, total	g	46.8		16.3	24.4	212.5	
Crude fiber	g						
Ash	g	0.1	0.030	2	0.0	0.0	0.4
MINERALS:							
Calcium	mg	1	0.250	2	0	1	6
Iron	mg	0.06	0.035	2	0.02	0.03	0.25
Magnesium	mg	3	0.800	2	1	1	11
Phosphorus	mg	6	2.000	2	2	3	29
Potassium	mg	30	12.502	2	10	15	134
Sodium	mg	8	3.001	2	3	4	36
Zinc	mg	0.03	0.005	2	0.01	0.01	0.11
Copper	mg	0.040	0.000	2	0.014	0.021	0.181
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.0		2	0.0	0.0	0.0
Thiamin	mg	0.004	0.003	2	0.001	0.002	0.018
Riboflavin ³	mg	0.012	0.000	2	0.004	0.006	0.054
Niacin	mg	0.144	0.098	2	0.050	0.075	0.653
Pantothenic acid	mg	0.000	0.000	2	0.000	0.000	0.000
Vitamin B ₆	mg						
Folacin	mcg	0.0		2	0.0	0.0	0.0
Vitamin B ₁₂	mcg						
Vitamin A	{ RE	0		2	0	0	0
	IU	0			0	0	0
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.106		2	0.037	0.055	0.481
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.078		2	0.027	0.041	0.354
18:0	g	0.019		2	0.007	0.010	0.086
Monounsaturated, total	g	0.022		2	0.008	0.011	0.100
16:1	g						
18:1	g	0.021		2	0.007	0.011	0.095
20:1	g	0.000		2	0.000	0.000	0.000
22:1	g						
Polyunsaturated, total	g	0.105		2	0.037	0.055	0.476
18:2	g	0.097		2	0.034	0.050	0.440
18:3	g	0.008		2	0.003	0.004	0.036
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		2	0	0	0
Phytosterols	mg	0		2	0	0	0
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹53 proof. Alcohol 26.5% by volume (21.7 g per 100 g). Values for 63 proof would be alcohol 31.5% by volume (26.0 g per 100 g); water 41.4 g per 100 g; food energy 308 kcal, or 1,289 kJ per 100 g; total carbohydrate 32.2 g per 100 g.

²Unadjusted protein.

³Determined by high-pressure liquid chromatography.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 fl oz = 31.1 g	1.5 fl oz glass = 47 g		
A	B	C	D	E	F	G	
PROXIMATE: ¹							
Water	g	46.5	1	14.5	21.9	210.9	
Food energy	{ kcal	327		102	154	1,482	
	{ kf	1,367		425	643	6,202	
Protein (N X 6.38)	g	2.8	1	0.9	1.3	12.7	
Total lipid (fat)	g	15.7	1	4.9	7.4	71.2	
Carbohydrate, total	g	20.9		6.5	9.8	94.6	
Crude fiber	g						
Ash	g	0.4	1	0.1	0.2	1.6	
MINERALS:							
Calcium	mg	16	1	5	7	72	
Iron	mg	0.13	1	0.04	0.06	0.59	
Magnesium	mg	2	1	1	1	10	
Phosphorus	mg	50	1	15	23	225	
Potassium	mg	32	1	10	15	145	
Sodium	mg	92	1	29	43	417	
Zinc	mg	0.16	1	0.05	0.08	0.73	
Copper	mg	0.040	1	0.012	0.019	0.181	
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin ²	mg	0.057	1	0.018	0.027	0.259	
Niacin	mg	0.078	1	0.024	0.037	0.354	
Pantothenic acid.	mg	0.087	1	0.027	0.041	0.395	
Vitamin B ₆	mg						
Folacin	mcg	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	9.664		3.006	4.542	43.836	
4:0	g	0.495		0.154	0.233	2.245	
6:0	g	0.294		0.091	0.138	1.334	
8:0	g	0.170		0.053	0.080	0.771	
10:0	g	0.387		0.120	0.182	1.755	
12:0	g	0.433		0.135	0.204	1.964	
14:0	g	1.546		0.481	0.727	7.013	
16:0	g	4.126		1.283	1.939	18.716	
18:0	g	0.358		0.111	0.168	1.624	
Monounsaturated, total	g	4.458		1.386	2.095	20.221	
16:1	g	0.340		0.106	0.160	1.542	
18:1	g	3.886		1.209	1.826	17.627	
Polysaturated, total	g	0.669		0.208	0.314	3.035	
18:2	g	0.439		0.137	0.206	1.991	
18:3	g	0.232		0.072	0.109	1.052	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.040		0.012	0.019	0.181	
Threonine	g	0.127		0.039	0.060	0.576	
Isoleucine	g	0.170		0.053	0.080	0.771	
Leucine	g	0.275		0.086	0.129	1.247	
Lysine	g	0.223		0.069	0.105	1.012	
Methionine	g	0.070		0.022	0.033	0.318	
Cystine	g	0.026		0.008	0.012	0.118	
Phenylalanine	g	0.136		0.042	0.064	0.617	
Tyrosine	g	0.136		0.042	0.064	0.617	
Valine	g	0.188		0.058	0.088	0.853	
Arginine	g	0.102		0.032	0.048	0.463	
Histidine	g	0.076		0.024	0.036	0.345	
Alanine	g	0.097		0.030	0.046	0.440	
Aspartic acid	g	0.213		0.066	0.100	0.966	
Glutamic acid	g	0.588		0.183	0.276	2.667	
Glycine	g	0.059		0.018	0.028	0.268	
Proline	g	0.272		0.085	0.128	1.234	
Serine	g	0.153		0.048	0.072	0.694	

¹34 proof. Alcohol 17.0% by volume (13.8 g per 100 g).

²Determined by high-pressure liquid chromatography.

ALCOHOLIC
Liqueur: Creme de Menthe

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: U	1 pound of food as purchased
				1 fl oz	1.5 fl oz glass = 33.6 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	28.3	1	9.5	14.2	128.4	
Food energy	{ kcal	371		125	186	1,684	
	kJ	1,553		522	777	7,044	
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	0.3	1	0.1	0.1	1.3	
Carbohydrate, total	g	41.6		14.0	20.8	188.8	
Crude fiber	g						
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg	0	1	0	0	0	
Iron	mg	0.07	1	0.02	0.04	0.32	
Magnesium	mg	0	1	0	0	0	
Phosphorus	mg	0	1	0	0	0	
Potassium	mg	0	1	0	0	0	
Sodium	mg	5	1	2	3	23	
Zinc	mg						
Copper	mg	0.080	1	0.027	0.040	0.363	
Manganese	mg	0.040	1	0.013	0.020	0.181	
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg	0.003	1	0.001	0.002	0.014	
Pantothenic acid	mg	0.000		0.000	0.000	0.000	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.014		0.005	0.007	0.064	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.010		0.003	0.005	0.045	
18:0	g	0.003		0.001	0.002	0.014	
Monounsaturated, total	g	0.015		0.005	0.008	0.068	
16:1	g						
18:1	g	0.015		0.005	0.008	0.068	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.167		0.056	0.084	0.758	
18:2	g	0.058		0.019	0.029	0.263	
18:3	g	0.109		0.037	0.055	0.494	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

¹ 72 proof. Alcohol 36.0% by volume (29.8 g per 100 g).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 30.0 g	2 fl oz glass = 59 g		
A	B	C	D	E	F	G	
PROXIMATE:¹							
Water	g	72.5	2,450	2	21.7 46	42.7 90	
Food energy ²	kcal	153			192	378	
	kJ	640					
Protein (N X 6.25)	g	0.2		7	0.1	0.1	
Total lipid (fat)	g	0.0			0.0	0.0	
Carbohydrate, total ³	g	11.8			3.5	7.0	
Crude fiber	g					53.5	
Ash	g	0.3	0.000	2	0.1	0.2	
MINERALS:							
Calcium	mg	8	0.801	26	2	5	
Iron	mg	0.24	0.033	32	0.07	0.14	
Magnesium	mg	9	0.752	19	3	5	
Phosphorus	mg	9	2.600	2	3	6	
Potassium	mg	92	8.026	81	28	54	
Sodium	mg	9	1.406	89	3	5	
Zinc	mg	0.07	0.011	55	0.02	0.04	
Copper	mg	0.045	0.015	74	0.014	0.027	
Manganese	mg	0.119	0.063	7	0.036	0.070	
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	
Thiamin	mg	0.018	0.002	33	0.005	0.011	
Riboflavin	mg	0.018	0.002	33	0.005	0.011	
Niacin	mg	0.213	0.015	33	0.064	0.126	
Pantothenic acid	mg	0.032	0.002	3	0.010	0.019	
Vitamin B ₆	mg	0.000		1	0.000	0.000	
Folacin	mcg	0.4	0.046	3	0.1	0.2	
Vitamin B ₁₂	mcg	0.00		1	0.00	0.00	
Vitamin A	{RE. (IU)						
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000			0.000	0.000	
4:0	g	0.000			0.000	0.000	
6:0	g	0.000			0.000	0.000	
8:0	g	0.000			0.000	0.000	
10:0	g	0.000			0.000	0.000	
12:0	g	0.000			0.000	0.000	
14:0	g	0.000			0.000	0.000	
16:0	g	0.000			0.000	0.000	
18:0	g	0.000			0.000	0.000	
Monounsaturated, total	g	0.000			0.000	0.000	
16:1	g	0.000			0.000	0.000	
18:1	g	0.000			0.000	0.000	
20:1	g	0.000			0.000	0.000	
22:1	g	0.000			0.000	0.000	
Polysaturated, total	g	0.000			0.000	0.000	
18:2	g	0.000			0.000	0.000	
18:3	g	0.000			0.000	0.000	
18:4	g	0.000			0.000	0.000	
20:4	g	0.000			0.000	0.000	
20:5	g	0.000			0.000	0.000	
22:5	g	0.000			0.000	0.000	
22:6	g	0.000			0.000	0.000	
Cholesterol	mg	0			0	0	
Phytosterols	mg				0		
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Alcohol 18.8% by volume (15.3 g per 100 g).²Values for sweet dessert wine. Dry dessert wines contain 126 kcal, or 527 kJ per 100 g.³Value for sweet dessert wine. Dry dessert wines contain 4.1 g total carbohydrate per 100 g.

ALCOHOLIC
Wine: Table, all

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz	3.5 fl oz glass = 29.5 g		
A	B	C	D	E	F	G	
PROXIMATE:¹							
Water	g	88.9	294	26.2	91.6	403.3	
Food energy	{ kcal	70		21	72	319	
	kJ	294		87	303	1,336	
Protein (N X 6.25)	g	0.2	268	0.1	0.2	0.9	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	1.4		0.4	1.4	6.2	
Crude fiber	g						
Ash	g	0.2	856	0.1	0.2	1.0	
MINERALS:							
Calcium	mg	8	0.344	1742	2	38	
Iron	mg	0.41		1550	0.12	1.86	
Magnesium	mg	10		1821	3	45	
Phosphorus	mg	14		369	4	62	
Potassium ²	mg	89		2881	26	403	
Sodium ³	mg	8	1.899	2846	2	34	
Zinc	mg	0.07		1551	0.02	0.33	
Copper	mg	0.014		1449	0.004	0.014	
Manganese	mg	0.145	0.011	882	0.043	0.658	
VITAMINS:							
Ascorbic acid	mg	0.0	0.000	19	0.0	0.0	
Thiamin	mg	0.004	0.001	21	0.001	0.018	
Riboflavin	mg	0.016	0.001	19	0.005	0.073	
Niacin	mg	0.074	0.005	18	0.022	0.336	
Pantothenic acid	mg	0.028	0.001	19	0.008	0.127	
Vitamin B ₆	mg	0.024	0.004	19	0.007	0.109	
Folacin	mcg	1.1	0.056	25	0.3	4.8	
Vitamin B ₁₂	mcg	0.01	0.001	16	0.00	0.04	
Vitamin A	{ RE	0			0	0	
	{ IU	0			0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polysaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg	0					
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Alcohol 11.5% by volume (9.3 g per 100 g).² Range is 12 to 248 mg per 100 g. Lower values are the result of ion-exchange treatment.³ Range is 0 to 129 mg per 100 g. Higher values are the result of ion-exchange treatment.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	1 pound of food as purchased
				1 fl oz	3.5 fl oz glass		
A	B	C	D	E	F	,	G
PROXIMATE:¹							
Water	g	88.5	0.037	45	26.1	91.1	401.4
Food energy	{ kcal	72			21	74	326
	kJ	301			89	310	1,365
Protein (N X 6.25)	g	0.2	0.033	46	0.1	0.2	1.0
Total lipid (fat)	g	0.0			0.0	0.0	0.0
Carbohydrate, total	g	1.7			0.5	1.8	7.7
Crude fiber	g						
Ash	g	0.3	0.006	116	0.1	0.3	1.3
MINERALS:							
Calcium	mg	8	0.293	711	2	8	36
Iron	mg	0.43	0.015	560	0.13	0.44	1.95
Magnesium	mg	13	0.229	734	4	13	58
Phosphorus	mg	14	0.123	86	4	14	63
Potassium ²	mg	112	2.830	1390	33	115	506
Sodium ³	mg	5	0.374	1351	2	6	25
Zinc	mg	0.09	0.006	458	0.03	0.10	0.42
Copper	mg	0.020	0.001	354	0.006	0.021	0.091
Manganese	mg	0.597	0.157	497	0.176	0.615	2.708
VITAMINS:							
Ascorbic acid	mg	0.0	0.000	11	0.0	0.0	0.0
Thiamin	mg	0.005	0.002	13	0.001	0.005	0.023
Riboflavin	mg	0.028	0.002	11	0.008	0.029	0.127
Niacin	mg	0.081	0.008	10	0.024	0.083	0.367
Pantothenic acid	mg	0.035	0.002	11	0.010	0.036	0.159
Vitamin B ₆	mg	0.034	0.007	11	0.010	0.035	0.154
Folacin	mcg	2.0	0.109	14	0.6	2.1	9.1
Vitamin B ₁₂	mcg	0.01	0.001	11	0.00	0.01	0.06
Vitamin A	{ RE	0			0	0	0
	{ IU	0			0	0	0
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000			0.000	0.000	0.000
4:0	g	0.000			0.000	0.000	0.000
6:0	g	0.000			0.000	0.000	0.000
8:0	g	0.000			0.000	0.000	0.000
10:0	g	0.000			0.000	0.000	0.000
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.000			0.000	0.000	0.000
18:0	g	0.000			0.000	0.000	0.000
Monounsaturated, total	g	0.000			0.000	0.000	0.000
16:1	g	0.000			0.000	0.000	0.000
18:1	g	0.000			0.000	0.000	0.000
20:1	g	0.000			0.000	0.000	0.000
22:1	g	0.000			0.000	0.000	0.000
Polyunsaturated, total	g	0.000			0.000	0.000	0.000
18:2	g	0.000			0.000	0.000	0.000
18:3	g	0.000			0.000	0.000	0.000
18:4	g	0.000			0.000	0.000	0.000
20:4	g	0.000			0.000	0.000	0.000
20:5	g	0.000			0.000	0.000	0.000
22:5	g	0.000			0.000	0.000	0.000
22:6	g	0.000			0.000	0.000	0.000
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Alcohol 11.5% by volume (9.3 g per 100 g).

² Range is 28 to 248 mg per 100 g. Lower values are the result of ion-exchange treatment.

³ Range is 0 to 129 mg per 100 g. Higher values are the result of ion-exchange treatment.

ALCOHOLIC
Wine: Table, rose

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food			Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight			Refuse: 0	1 pound of food as purchased
				1 fl oz	3.5 fl oz	glass = 29.5 g = 103 g		
A	B	C	D	E	F	G		
PROXIMATE: ¹								
Water	g	88.9		26.2	91.6		403.3	
Food energy	kcal	71		21	73		320	
	kj	295		87	304		1,338	
Protein (N X 6.25)	g	0.2	0.019	2	0.0	0.2	0.7	
Total lipid (fat)	g	0.0			0.0	0.0	0.0	
Carbohydrate, total	g	1.4			0.4	1.5	6.4	
Crude fiber	g							
Ash	g	0.2			0.1	0.2	1.0	
MINERALS:								
Calcium	mg	8	0.614	23	2	9	38	
Iron	mg	0.38	0.056	19	0.11	0.39	1.71	
Magnesium	mg	10	0.711	17	3	10	45	
Phosphorus	mg	15			4	15	67	
Potassium ²	mg	99	14.767	124	29	102	447	
Sodium ³	mg	5	0.800	132	1	5	21	
Zinc	mg	0.06	0.008	27	0.02	0.06	0.28	
Copper	mg	0.052	0.010	21	0.015	0.054	0.236	
Manganese	mg	0.105	0.029	7	0.031	0.108	0.476	
VITAMINS:								
Ascorbic acid	mg	0.0			0.0	0.0	0.0	
Thiamin	mg	0.004			0.001	0.004	0.018	
Riboflavin	mg	0.016			0.005	0.016	0.073	
Niacin	mg	0.074			0.022	0.076	0.336	
Pantothenic acid	mg	0.028			0.008	0.029	0.127	
Vitamin B ₆	mg	0.024			0.007	0.025	0.109	
Folacin	mcg	1.1			0.3	1.1	4.8	
Vitamin B ₁₂	mcg	0.01			0.00	0.01	0.04	
Vitamin A	RE							
	IU							
LIPIDS:								
Fatty acids:								
Saturated, total	g	0.000			0.000	0.000	0.000	
4:0	g	0.000			0.000	0.000	0.000	
6:0	g	0.000			0.000	0.000	0.000	
8:0	g	0.000			0.000	0.000	0.000	
10:0	g	0.000			0.000	0.000	0.000	
12:0	g	0.000			0.000	0.000	0.000	
14:0	g	0.000			0.000	0.000	0.000	
16:0	g	0.000			0.000	0.000	0.000	
18:0	g	0.000			0.000	0.000	0.000	
Monounsaturated, total	g	0.000			0.000	0.000	0.000	
16:1	g	0.000			0.000	0.000	0.000	
18:1	g	0.000			0.000	0.000	0.000	
20:1	g	0.000			0.000	0.000	0.000	
22:1	g	0.000			0.000	0.000	0.000	
Polysaturated, total	g	0.000			0.000	0.000	0.000	
18:2	g	0.000			0.000	0.000	0.000	
18:3	g	0.000			0.000	0.000	0.000	
18:4	g	0.000			0.000	0.000	0.000	
20:4	g	0.000			0.000	0.000	0.000	
20:5	g	0.000			0.000	0.000	0.000	
22:5	g	0.000			0.000	0.000	0.000	
22:6	g	0.000			0.000	0.000	0.000	
Cholesterol	mg	0			0	0	0	
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g							
Threonine	g							
Isoleucine	g							
Leucine	g							
Lysine	g							
Methionine	g							
Cystine	g							
Phenylalanine	g							
Tyrosine	g							
Valine	g							
Arginine	g							
Histidine	g							
Alanine	g							
Aspartic acid	g							
Glutamic acid	g							
Glycine	g							
Proline	g							
Serine	g							

¹ Alcohol 11.5% by volume (9.3 g per 100 g).² Range is 39 to 120 mg per 100 g. Lower values are the result of ion-exchange treatment.³ Range is 1 to 117 mg per 100 g. Higher values are the result of ion-exchange treatment.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	1 pound of food as purchased
				1 fl oz	3.5 fl oz glass = 29.5 g = 103 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	89.6	170	26.4	92.3	406.6	
Food energy	kcal	68		20	70	308	
	kJ	284		84	292	1,287	
Protein (N X 6.25)	g	0.1	0.012	180	0.0	0.1	0.6
Total lipid (fat)	g	0.0			0.0	0.0	0.0
Carbohydrate, total	g	0.8			0.2	0.8	3.4
Crude fiber	g						
Ash	g	0.2	364	0.1	0.2	0.8	
MINERALS:							
Calcium	mg	9	0.210	666	3	9	41
Iron	mg	0.32		666	0.09	0.33	1.46
Magnesium	mg	10		738	3	11	47
Phosphorus	mg	14	0.108	98	4	14	64
Potassium ²	mg	80		1018	24	82	362
Sodium ³	mg	5	0.322	1015	2	5	23
Zinc	mg	0.07		531	0.02	0.07	0.30
Copper	mg	0.021		523	0.006	0.022	0.095
Manganese	mg	0.459	0.085	255	0.135	0.473	2.082
VITAMINS:							
Ascorbic acid	mg	0.0	0.000	8	0.0	0.0	0.0
Thiamin	mg	0.004	0.002	8	0.001	0.004	0.018
Riboflavin	mg	0.005	0.001	8	0.001	0.005	0.023
Niacin	mg	0.067	0.007	8	0.020	0.069	0.304
Pantothenic acid	mg	0.021	0.002	8	0.006	0.022	0.095
Vitamin B6	mg	0.014	0.001	8	0.004	0.014	0.064
Folacin	mcg	0.2	0.043	11	0.1	0.2	0.8
Vitamin B12	mcg	0.00	0.001	5	0.00	0.00	0.01
Vitamin A	(RE. IU)	0			0	0	0
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000			0.000	0.000	0.000
4:0	g	0.000			0.000	0.000	0.000
6:0	g	0.000			0.000	0.000	0.000
8:0	g	0.000			0.000	0.000	0.000
10:0	g	0.000			0.000	0.000	0.000
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.000			0.000	0.000	0.000
16:0	g	0.000			0.000	0.000	0.000
18:0	g	0.000			0.000	0.000	0.000
Monounsaturated, total	g	0.000			0.000	0.000	0.000
16:1	g	0.000			0.000	0.000	0.000
18:1	g	0.000			0.000	0.000	0.000
20:1	g	0.000			0.000	0.000	0.000
22:1	g	0.000			0.000	0.000	0.000
Polyunsaturated, total	g	0.000			0.000	0.000	0.000
18:2	g	0.000			0.000	0.000	0.000
18:3	g	0.000			0.000	0.000	0.000
18:4	g	0.000			0.000	0.000	0.000
20:4	g	0.000			0.000	0.000	0.000
20:5	g	0.000			0.000	0.000	0.000
22:5	g	0.000			0.000	0.000	0.000
22:6	g	0.000			0.000	0.000	0.000
Cholesterol	mg	0			0	0	0.000
Phytosterols	mg				0	0	0
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Alcohol 11.5% by volume (9.3 g per 100 g).

² Range is 12 to 214 mg per 100 g. Lower values are the result of ion-exchange treatment.

³ Range is 0 to 125 mg per 100 g. Higher values are the result of ion-exchange treatment.

NONALCOHOLIC
Beef Broth and Tomato Juice, canned

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 fl oz = 30.5 g	5.5 fl oz = 168 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	89.9	1	27.4	151.0	407.8
Food energy	{ kcal	37		11	61	166
Food energy	{ kJ	153		47	257	695
Protein (N X 6.25)	g	0.6	1	0.2	1.0	2.8
Total lipid (fat)	g	0.1	1	0.0	0.2	0.5
Carbohydrate, total	g	8.5		2.6	14.3	38.7
Crude fiber	g	0.1	1	0.0	0.2	0.5
Ash	g	0.9	1	0.3	1.4	3.9
MINERALS:						
Calcium	mg	11	1	3	19	50
Iron	mg	0.58	1	0.18	0.98	2.64
Magnesium	mg					
Phosphorus	mg					
Potassium	mg	96	1	29	162	437
Sodium ¹	mg	131	1	40	220	593
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.9	1	0.3	1.5	4.0
Thiamin	mg	0.001	1	0.000	0.002	0.005
Riboflavin	mg	0.029	1	0.009	0.049	0.132
Niacin	mg	0.164	1	0.050	0.276	0.744
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE	13		4	21	58
	{ IU	128	1	39	215	580
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.032		0.010	0.054	0.145
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.001		0.000	0.002	0.005
14:0	g	0.002		0.001	0.003	0.009
16:0	g	0.018		0.005	0.030	0.082
18:0	g	0.011		0.003	0.018	0.050
Monounsaturated, total	g	0.029		0.009	0.049	0.132
16:1	g	0.002		0.001	0.003	0.009
18:1	g	0.026		0.008	0.044	0.118
20:1	g	0.000		0.000	0.000	0.000
22:1	g					
Polyunsaturated, total	g	0.022		0.007	0.037	0.100
18:2	g	0.021		0.006	0.035	0.095
18:3	g	0.001		0.000	0.002	0.005
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.001		0.000	0.002	0.005
Threonine	g	0.011		0.003	0.018	0.050
Isoleucine	g	0.009		0.003	0.015	0.041
Leucine	g	0.018		0.005	0.030	0.082
Lysine	g	0.022		0.007	0.037	0.100
Methionine	g	0.004		0.001	0.007	0.018
Cystine	g	0.001		0.000	0.002	0.005
Phenylalanine	g	0.013		0.004	0.022	0.059
Tyrosine	g	0.003		0.001	0.005	0.014
Valine	g	0.015		0.005	0.025	0.068
Arginine	g	0.041		0.013	0.069	0.186
Histidine	g	0.006		0.002	0.010	0.027
Alanine	g	0.052		0.016	0.087	0.236
Aspartic acid	g	0.044		0.013	0.074	0.200
Glutamic acid	g	0.090		0.027	0.151	0.408
Glycine	g	0.128		0.039	0.215	0.581
Proline	g	0.075		0.023	0.126	0.340
Serine	g	0.018		0.005	0.030	0.082

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 29.6 g	12 fl oz can = 355 g	
	A	B	C	D	E	G
PROXIMATE:						
Water	g	99.9	1	29.6	354.8	453.4
Food energy	{ kcal	0		0	0	0
Food energy	{ kJ	0		0	0	0
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	0.0		0.0	0.0	0.0
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Crude fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.1	1	0.0	0.2	0.2
MINERALS:						
Calcium	mg	5	1	1	17	21
Iron	mg					
Magnesium	mg	1	0.510	2	0	5
Phosphorus	mg	0	0.020	5	0	0
Potassium	mg	2	1.360	5	0	8
Sodium	mg	21	5.841	6	75	96
Zinc	mg	0.10	0.100	2	0.03	0.36
Copper	mg					0.45
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.000		0.000	0.000	0.000
Riboflavin	mg	0.000		0.000	0.000	0.000
Niacin	mg	0.000		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0.000	0.000	0.000
Vitamin B6	mg	0.000		0.000	0.000	0.000
Folacin	mcg	0.0		0.0	0.0	0.0
Vitamin B12	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	0
	{ IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.000		0.000	0.000	0.000
4:0	g	0.000		0.000	0.000	0.000
6:0	g	0.000		0.000	0.000	0.000
8:0	g	0.000		0.000	0.000	0.000
10:0	g	0.000		0.000	0.000	0.000
12:0	g	0.000		0.000	0.000	0.000
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.000		0.000	0.000	0.000
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.000		0.000	0.000	0.000
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.000		0.000	0.000	0.000
20:1	g	0.000		0.000	0.000	0.000
22:1	g	0.000		0.000	0.000	0.000
Polyunsaturated, total	g	0.000		0.000	0.000	0.000
18:2	g	0.000		0.000	0.000	0.000
18:3	g	0.000		0.000	0.000	0.000
18:4	g	0.000		0.000	0.000	0.000
20:4	g	0.000		0.000	0.000	0.000
20:5	g	0.000		0.000	0.000	0.000
22:5	g	0.000		0.000	0.000	0.000
22:6	g	0.000		0.000	0.000	0.000
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000		0.000	0.000	0.000
Threonine	g	0.000		0.000	0.000	0.000
Isoleucine	g	0.000		0.000	0.000	0.000
Leucine	g	0.000		0.000	0.000	0.000
Lysine	g	0.000		0.000	0.000	0.000
Methionine	g	0.000		0.000	0.000	0.000
Cystine	g	0.000		0.000	0.000	0.000
Phenylalanine	g	0.000		0.000	0.000	0.000
Tyrosine	g	0.000		0.000	0.000	0.000
Valine	g	0.000		0.000	0.000	0.000
Arginine	g	0.000		0.000	0.000	0.000
Histidine	g	0.000		0.000	0.000	0.000
Alanine	g	0.000		0.000	0.000	0.000
Aspartic acid	g	0.000		0.000	0.000	0.000
Glutamic acid	g	0.000		0.000	0.000	0.000
Glycine	g	0.000		0.000	0.000	0.000
Proline	g	0.000		0.000	0.000	0.000
Serine	g	0.000		0.000	0.000	0.000

NONALCOHOLIC
Carbonated: Cola

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 30.8 g	12 fl oz can = 370 g	
	B	C	D	E	F	
A						G
PROXIMATE:						
Water	g	89.4	16	27.5	330.8	405.5
Food energy	{ kcal	41		13	151	185
	kJ	170		52	630	773
Protein (N X 6.25)	g	0.0	13	0.0	0.1	0.1
Total lipid (fat)	g	0.0	11	0.0	0.1	0.2
Carbohydrate, total	g	10.4		3.2	38.5	47.3
Crude fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.1	10	0.0	0.4	0.5
MINERALS:						
Calcium	mg	3	24	1	9	12
Iron	mg	0.03	30	0.01	0.13	0.15
Magnesium	mg	1	23	0	3	3
Phosphorus	mg	12	35	4	46	57
Potassium	mg	1	66	0	4	5
Sodium	mg	4	81	1	14	18
Zinc	mg	0.01	0.004	0.00	0.05	0.06
Copper	mg	0.011	22	0.003	0.041	0.050
Manganese	mg	0.035	5	0.011	0.130	0.159
VITAMINS:						
Ascorbic acid	mg	0.0	1	0.0	0.0	0.0
Thiamin	mg	0.000	1	0.000	0.000	0.000
Riboflavin	mg	0.000	1	0.000	0.000	0.000
Niacin	mg	0.000		0.000	0.000	0.000
Pantothenic acid	mg	0.000	1	0.000	0.000	0.000
Vitamin B ₆	mg	0.000	1	0.000	0.000	0.000
Folacin	mcg	0.0		0.0	0.0	0.0
Vitamin B ₁₂	mcg	0.00	1	0.00	0.00	0.00
Vitamin A	{ RE	0	1	0	0	0
	IU	0	1	0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Some products contain 10 mg caffeine per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				1 fl oz = 30.9 g	12 fl oz can = 371 g		
A	B	C	D	E	F		
PROXIMATE:							
Water	g	86.7		26.8	321.5	393.1	
Food energy	{ kcal	51		16	191	233	
	{ kJ	215		66	798	976	
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	13.3		4.1	49.3	60.3	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.1		0.0	0.2	0.2	
MINERALS:							
Calcium	mg	5		2	19	23	
Iron	mg	0.05	0.017	4	0.02	0.19	0.23
Magnesium	mg	1		1	0	3	4
Phosphorus	mg	0	0.011	3	0	0	0
Potassium	mg	1	0.246	8	0	4	4
Sodium	mg	12	2.835	8	4	43	53
Zinc	mg	0.07	0.016	3	0.02	0.24	0.29
Copper	mg	0.008	0.002	2	0.002	0.030	0.036
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg	0.000		0.000	0.000	0.000	
Pantothenic acid	mg	0.000		0.000	0.000	0.000	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	{ IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0.000	0.000	0.000	
Phytosterols	mg	0		0	0	0	
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

NONALCOHOLIC
Carbonated: Ginger Ale

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 30.5 g	12 fl oz can = 366 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	91.2	1	27.8	333.9	413.8	
	{ kcal	34		10	124	153	
Food energy	{ kJ	141		43	51.7	641	
Protein (N X 6.25)	g	0.0	2	0.0	0.1	0.1	
Total lipid (fat)	g	0.0	2	0.0	0.0	0.0	
Carbohydrate, total	g	8.7		2.7	31.9	39.5	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0	1	0.0	0.1	0.2	
MINERALS:							
Calcium	mg	3	15	1	12	15	
Iron	mg	0.18	2	0.05	0.66	0.82	
Magnesium	mg	1	14	0	3	3	
Phosphorus	mg	0	13	0	1	1	
Potassium	mg	1	19	0	5	6	
Sodium	mg	7	26	2	25	31	
Zinc	mg	0.05	7	0.02	0.18	0.23	
Copper	mg	0.018	3	0.005	0.066	0.082	
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg	0.000	1	0.000	0.000	0.000	
Pantothenic acid	mg	0.000	1	0.000	0.000	0.000	
Vitamin B ₆	mg	0.000	1	0.000	0.000	0.000	
Folacin	mcg	0.0	1	0.0	0.0	0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	{ IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 31.0 g	12 fl oz can = 372 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	88.8		27.5	330.3	402.8
Food energy	{ kcal	43		13	161	197
	{ kj	181		56	675	823
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	0.0		0.0	0.0	0.0
Carbohydrate, total	g	11.2		3.5	41.7	50.8
Crude fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.1		0.0	0.2	0.3
MINERALS:						
Calcium	mg	3	0.672	2	1	15
Iron	mg	0.08	0.018	12	0.03	0.38
Magnesium	mg	1	0.448	2	0	4
Phosphorus	mg	0	0.014	9	0	0
Potassium	mg	1		25	0	4
Sodium	mg	15		25	5	57
Zinc	mg	0.07	0.025	11	0.02	0.26
Copper	mg	0.022	0.010	9	0.007	0.082
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.000		0.000	0.000	0.000
Riboflavin	mg	0.000		0.000	0.000	0.000
Niacin	mg					
Pantothenic acid	mg	0.000		0.000	0.000	0.000
Vitamin B ₆	mg	0.000		0.000	0.000	0.000
Folacin	mcg	0.0		0.0	0.0	0.0
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	0
	{ IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.000		0.000	0.000	0.000
4:0	g	0.000		0.000	0.000	0.000
6:0	g	0.000		0.000	0.000	0.000
8:0	g	0.000		0.000	0.000	0.000
10:0	g	0.000		0.000	0.000	0.000
12:0	g	0.000		0.000	0.000	0.000
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.000		0.000	0.000	0.000
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.000		0.000	0.000	0.000
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.000		0.000	0.000	0.000
20:1	g	0.000		0.000	0.000	0.000
22:1	g	0.000		0.000	0.000	0.000
Polyunsaturated, total	g	0.000		0.000	0.000	0.000
18:2	g	0.000		0.000	0.000	0.000
18:3	g	0.000		0.000	0.000	0.000
18:4	g	0.000		0.000	0.000	0.000
20:4	g	0.000		0.000	0.000	0.000
20:5	g	0.000		0.000	0.000	0.000
22:5	g	0.000		0.000	0.000	0.000
22:6	g	0.000		0.000	0.000	0.000
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000		0.000	0.000	0.000
Threonine	g	0.000		0.000	0.000	0.000
Isoleucine	g	0.000		0.000	0.000	0.000
Leucine	g	0.000		0.000	0.000	0.000
Lysine	g	0.000		0.000	0.000	0.000
Methionine	g	0.000		0.000	0.000	0.000
Cystine	g	0.000		0.000	0.000	0.000
Phenylalanine	g	0.000		0.300	0.000	0.000
Tyrosine	g	0.000		0.000	0.000	0.000
Valine	g	0.000		0.000	0.000	0.000
Arginine	g	0.000		0.000	0.000	0.000
Histidine	g	0.000		0.000	0.000	0.000
Alanine	g	0.000		0.000	0.000	0.000
Aspartic acid	g	0.000		0.000	0.000	0.000
Glutamic acid	g	0.000		0.000	0.000	0.000
Glycine	g	0.000		0.000	0.000	0.000
Proline	g	0.000		0.000	0.000	0.000
Serine	g	0.000		0.000	0.000	0.000

NONALCOHOLIC
Carbonated: Lemon-Lime Soda

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 30.7 g	12 fl oz can = 368 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	89.5	2	27.5	329.4	406.0	
Food energy	{ kcal	40		12	149	183	
	{ kJ	169		52	622	767	
Protein (N X 6.25)	g	0.0	1	0.0	0.0	0.0	
Total lipid (fat)	g	0.0	1	0.0	0.0	0.0	
Carbohydrate, total	g	10.4		3.2	38.4	47.4	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.1	2	0.0	0.2	0.2	
MINERALS:							
Calcium	mg	2	12	1	9	11	
Iron	mg	0.07	0.006	0.02	0.25	0.31	
Magnesium	mg	1	0.069	0	2	2	
Phosphorus	mg	0		0	1	1	
Potassium	mg	1	0.029	35	0	5	
Sodium	mg	11	0.755	35	3	41	
Zinc	mg	0.05	0.003	21	0.02	0.18	
Copper	mg	0.012	0.001	15	0.004	0.044	
Manganese	mg	0.013	0.000	6	0.004	0.048	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg	0.015	0.015	2	0.005	0.055	
Pantothenic acid	mg	0.000	0.000	2	0.000	0.000	
Vitamin B ₆	mg	0.000	0.000	2	0.000	0.000	
Folacin	mcg	0.0	0.000	2	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	{ IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

NONALCOHOLIC
Carbonated: Orange Soda

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 31.0 g	12 fl oz can = 372 g	Refuse: U	G
A	B	C	D	E	F		
PROXIMATE:							
Water	g	87.6	1	27.2	325.9	397.4	
Food energy	{ kcal	48		15	177	216	
	kJ	199		62	742	904	
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	12.3		3.8	45.8	55.9	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.1	0.004	46	0.0	0.3	0.4
MINERALS:							
Calcium	mg	5	6	2	19	23	
Iron	mg	0.06	0.011	9	0.02	0.23	0.28
Magnesium	mg	1	6	0	4	5	
Phosphorus	mg	1	11	0	4	5	
Potassium	mg	2	76	1	9	11	
Sodium	mg	12	30	4	46	57	
Zinc	mg	0.10	12	0.03	0.38	0.47	
Copper	mg	0.015	0.008	5	0.005	0.056	0.068
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg						
Pantothenic acid	mg	0.000		0.000	0.000	0.000	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: ¹
	Mean	Standard error	Number of samples	Approximate measure and weight	1 fl oz = 30.7 g	
				12 fl oz = 368 g	can	
A	B	C	D	E	F	G
PROXIMATE: ¹						
Water	g	89.4	0.195	3	27.4 13 53	328.9 151 631
Food energy	{ kcal kj	41 171				405.4 186 778
Protein (N X 6.25)	g	0.0			0.0 0.0	0.0
Total lipid (fat)	g	0.1	0.027	3	0.0 3.2	0.4 38.2
Carbohydrate, total	g	10.4			0.0 0.0	47.1 0.0
Crude fiber	g	0.0			0.0	0.0
Ash	g	0.0	0.000	3	0.0	0.2
MINERALS:						
Calcium	mg	3	0.173	2	1	12
Iron	mg	0.04	0.004	2	0.01	0.14
Magnesium	mg	0	0.100	2	0	1
Phosphorus	mg	11		5	3	41
Potassium	mg	1	0.090	8	0	2
Sodium	mg	10	1.603	8	3	38
Zinc	mg	0.04	0.005	2	0.01	0.15
Copper	mg	0.006	0.000	2	0.002	0.022
Manganese	mg					0.027
VITAMINS:						
Ascorbic acid	mg	0.0			0.0	0.0
Thiamin	mg	0.000			0.000	0.000
Riboflavin	mg	0.000			0.000	0.000
Niacin	mg	0.000			0.000	0.000
Pantothenic acid	mg	0.000			0.000	0.000
Vitamin B ₆	mg	0.000			0.000	0.000
Folacin	mcg	0.0			0.0	0.0
Vitamin B ₁₂	mcg	0			0	0
Vitamin A	{ RE (IU)	0			0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0			0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000			0.000	0.000
Threonine	g	0.000			0.000	0.000
Isoleucine	g	0.000			0.000	0.000
Leucine	g	0.000			0.000	0.000
Lysine	g	0.000			0.000	0.000
Methionine	g	0.000			0.000	0.000
Cystine	g	0.000			0.000	0.000
Phenylalanine	g	0.000			0.000	0.000
Tyrosine	g	0.000			0.000	0.000
Valine	g	0.000			0.000	0.000
Arginine	g	0.000			0.000	0.000
Histidine	g	0.000			0.000	0.000
Alanine	g	0.000			0.000	0.000
Aspartic acid	g	0.000			0.000	0.000
Glutamic acid	g	0.000			0.000	0.000
Glycine	g	0.000			0.000	0.000
Proline	g	0.000			0.000	0.000
Serine	g	0.000			0.000	0.000

¹ Some products contain 10 mg caffeine per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: ^U	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 30.8 g	12 fl oz can = 370 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	89.3		2	27.5	330.4	
	kcal	41			13	187	
Food energy	kJ	172			53	781	
Protein (N x 6.25)	g	0.0	1	0.0	0.1	0.2	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	10.6		3.3	39.2	48.1	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.1		0.0	0.2	0.2	
MINERALS:							
Calcium	mg	5	10	2	19	23	
Iron	mg	0.05	0.012	0.01	0.18	0.22	
Magnesium	mg	1	10	0	4	5	
Phosphorus	mg	0	16	0	2	2	
Potassium	mg	1	27	0	3	4	
Sodium	mg	13	27	4	49	61	
Zinc	mg	0.07	0.018	0.02	0.26	0.32	
Copper	mg	0.007	3	0.002	0.026	0.032	
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000	1	0.000	0.000	0.000	
Riboflavin	mg	0.000	1	0.000	0.000	0.000	
Niacin	mg	0.000		0.000	0.000	0.000	
Pantothenic acid	mg	0.000		0.000	0.000	0.000	
Vitamin B ₆	mg	0.000	1	0.000	0.000	0.000	
Folacin	mcg	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{RE.	0		0	0	0	
	{IU.	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 30.5 g	12 fl oz can = 366 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	91.1		27.8	333.6	413.4	
Food energy	{ kcal . . .	34		10	125	155	
Food energy	{ kJ . . .	143		44	522	647	
Protein (N X 6.25)	g . . .	0.0		0.0	0.0	0.0	
Total lipid (fat)	g . . .	0.0		0.0	0.0	0.0	
Carbohydrate, total	g . . .	8.8		2.7	32.2	40.0	
Crude fiber	g . . .	0.0		0.0	0.0	0.0	
Ash	g . . .	0.1		0.0	0.2	0.2	
MINERALS:							
Calcium	mg . . .	1	1	0	5	6	
Iron	mg . . .						
Magnesium	mg . . .	0	1	0	1	2	
Phosphorus	mg . . .	0	0.009	3	0	0	
Potassium	mg . . .	0	0.177	3	0	1	
Sodium	mg . . .	4	1.053	3	1	15	
Zinc	mg . . .						
Copper	mg . . .						
Manganese	mg . . .						
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.000		0.000	0.000	0.000	
Riboflavin	mg . . .	0.000		0.000	0.000	0.000	
Niacin	mg . . .	0.000		0.000	0.000	0.000	
Pantothenic acid	mg . . .	0.000		0.000	0.000	0.000	
Vitamin B ₆	mg . . .	0.000		0.000	0.000	0.000	
Folacin	mcg . . .	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg . . .	0		0	0	0	
Vitamin A	{ RE . . .	0		0	0	0	
Vitamin A	{ IU . . .	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	0.000		0.000	0.000	0.000	
4:0	g . . .	0.000		0.000	0.000	0.000	
6:0	g . . .	0.000		0.000	0.000	0.000	
8:0	g . . .	0.000		0.000	0.000	0.000	
10:0	g . . .	0.000		0.000	0.000	0.000	
12:0	g . . .	0.000		0.000	0.000	0.000	
14:0	g . . .	0.000		0.000	0.000	0.000	
16:0	g . . .	0.000		0.000	0.000	0.000	
18:0	g . . .	0.000		0.000	0.000	0.000	
Monounsaturated, total	g . . .	0.000		0.000	0.000	0.000	
16:1	g . . .	0.000		0.000	0.000	0.000	
18:1	g . . .	0.000		0.000	0.000	0.000	
20:1	g . . .	0.000		0.000	0.000	0.000	
22:1	g . . .	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g . . .	0.000		0.000	0.000	0.000	
18:2	g . . .	0.000		0.000	0.000	0.000	
18:3	g . . .	0.000		0.000	0.000	0.000	
18:4	g . . .	0.000		0.000	0.000	0.000	
20:4	g . . .	0.000		0.000	0.000	0.000	
20:5	g . . .	0.000		0.000	0.000	0.000	
22:5	g . . .	0.000		0.000	0.000	0.000	
22:6	g . . .	0.000		0.000	0.000	0.000	
Cholesterol	mg . . .	0		0	0	0	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.000		0.000	0.000	0.000	
Threonine	g . . .	0.000		0.000	0.000	0.000	
Isoleucine	g . . .	0.000		0.000	0.000	0.000	
Leucine	g . . .	0.000		0.000	0.000	0.000	
Lysine	g . . .	0.000		0.000	0.000	0.000	
Methionine	g . . .	0.000		0.000	0.000	0.000	
Cystine	g . . .	0.000		0.000	0.000	0.000	
Phenylalanine	g . . .	0.000		0.000	0.000	0.000	
Tyrosine	g . . .	0.000		0.000	0.000	0.000	
Valine	g . . .	0.000		0.000	0.000	0.000	
Arginine	g . . .	0.000		0.000	0.000	0.000	
Histidine	g . . .	0.000		0.000	0.000	0.000	
Alanine	g . . .	0.000		0.000	0.000	0.000	
Aspartic acid	g . . .	0.000		0.000	0.000	0.000	
Glutamic acid	g . . .	0.000		0.000	0.000	0.000	
Glycine	g . . .	0.000		0.000	0.000	0.000	
Proline	g . . .	0.000		0.000	0.000	0.000	
Serine	g . . .	0.000		0.000	0.000	0.000	

¹Includes quinine soda.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	1 fl oz	12 fl oz can	Refuse: 0
				= 29.6 g	= 355 g	G
A	B	C	D	E	F	
PROXIMATE: ¹						
Water	g	99.8	1	29.5	354.3	452.7
Food energy	{ kcal	1		0	2	2
	kJ	2		1	8	10
Protein (N X 6.25)	g	0.1	1	0.0	0.2	0.3
Total lipid (fat)	g	0.0	1	0.0	0.0	0.0
Carbohydrate, total	g	0.1		0.0	0.3	0.4
Crude fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0	1	0.0	0.1	0.2
MINERALS:						
Calcium	mg	4	1	1	12	16
Iron	mg	0.03	1	0.01	0.11	0.14
Magnesium	mg	1	1	0	4	5
Phosphorus	mg	9	1	3	30	39
Potassium	mg	0	1	0	0	0
Sodium ²	mg	6	1	2	21	27
Zinc	mg	0.08	1	0.02	0.28	0.36
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.005	1	0.001	0.018	0.023
Riboflavin	mg	0.023	1	0.007	0.082	0.104
Niacin	mg	0.000	1	0.000	0.000	0.000
Pantothenic acid	mg	0.000	1	0.000	0.000	0.000
Vitamin B ₆	mg	0.000	1	0.000	0.000	0.000
Folacin	mcg	0.0	1	0.000	0.000	0.000
Vitamin B ₁₂	mcg	0	1	0.0	0.0	0.0
Vitamin A	{ RE	0		0	0	0
	IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.000		0.000	0.000	0.000
4:0	g	0.000		0.000	0.000	0.000
6:0	g	0.000		0.000	0.000	0.000
8:0	g	0.000		0.000	0.000	0.000
10:0	g	0.000		0.000	0.000	0.000
12:0	g	0.000		0.000	0.000	0.000
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.000		0.000	0.000	0.000
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.000		0.000	0.000	0.000
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.000		0.000	0.000	0.000
20:1	g	0.000		0.000	0.000	0.000
22:1	g	0.000		0.000	0.000	0.000
Polyunsaturated, total	g	0.000		0.000	0.000	0.000
18:2	g	0.000		0.000	0.000	0.000
18:3	g	0.000		0.000	0.000	0.000
18:4	g	0.000		0.000	0.000	0.000
20:4	g	0.000		0.000	0.000	0.000
20:5	g	0.000		0.000	0.000	0.000
22:5	g	0.000		0.000	0.000	0.000
22:6	g	0.000		0.000	0.000	0.000
Cholesterol	mg	0		0.000	0.000	0.000
Phytosterols	mg	0		0	0	0
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Some products contain 14 mg caffeine per 100 g.

² Value for product with aspartame only. Product with aspartame and sodium saccharin contains 9 mg per 100 g.

NONALCOHOLIC

Carbonated: Low calorie, sodium saccharin sweetened, all

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	1 fl oz = 29.6 g	12 fl oz = 355 g	Refuse: 0	G
A	B	C	D	E	F		
PROXIMATE:¹							
Water	g . . .	99.8	3	29.5	354.3	452.7	
Food energy	(kcal . . .	0		0	2	2	
	(kJ . . .	2		1	7	9	
Protein (N X 6.25)	g . . .	0.0	4	0.0	0.1	0.2	
Total lipid (fat)	g . . .	0.0	3	0.0	0.0	0.0	
Carbohydrate, total	g . . .	0.1		0.0	0.3	0.4	
Crude fiber	g . . .	0.0		0.0	0.0	0.0	
Ash	g . . .	0.1	0.012	3	0.0	0.3	0.3
MINERALS:							
Calcium	mg . . .	4	56	1	14	17	
Iron	mg . . .	0.04	0.009	0.01	0.14	0.18	
Magnesium	mg . . .	1	0.072	56	0	3	
Phosphorus ²	mg . . .	11	23	3	38	49	
Potassium	mg . . .	2	0.312	56	1	7	
Sodium	mg . . .	16	0.766	72	5	57	
Zinc	mg . . .	0.05	12	0.01	0.18	0.23	
Copper	mg . . .	0.025	0.007	11	0.007	0.089	0.113
Manganese	mg . . .	0.017	0.004	7	0.005	0.060	0.077
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.000		0.000	0.000	0.000	
Riboflavin	mg . . .	0.000		0.000	0.000	0.000	
Niacin	mg . . .	0.000	4	0.000	0.000	0.000	
Pantothenic acid	mg . . .	0.000	4	0.000	0.000	0.000	
Vitamin B ₆	mg . . .	0.000	4	0.000	0.000	0.000	
Folacin	mcg . . .	0.0	4	0.0	0.0	0.0	
Vitamin B ₁₂	mcg . . .	0		0	0	0	
Vitamin A	{RE.	0		0	0	0	
	IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	0.000		0.000	0.000	0.000	
4:0	g . . .	0.000		0.000	0.000	0.000	
6:0	g . . .	0.000		0.000	0.000	0.000	
8:0	g . . .	0.000		0.000	0.000	0.000	
10:0	g . . .	0.000		0.000	0.000	0.000	
12:0	g . . .	0.000		0.000	0.000	0.000	
14:0	g . . .	0.000		0.000	0.000	0.000	
16:0	g . . .	0.000		0.000	0.000	0.000	
18:0	g . . .	0.000		0.000	0.000	0.000	
Monounsaturated, total	g . . .	0.000		0.000	0.000	0.000	
16:1	g . . .	0.000		0.000	0.000	0.000	
18:1	g . . .	0.000		0.000	0.000	0.000	
20:1	g . . .	0.000		0.000	0.000	0.000	
22:1	g . . .	0.000		0.000	0.000	0.000	
Polyunsaturated, total	g . . .	0.000		0.000	0.000	0.000	
18:2	g . . .	0.000		0.000	0.000	0.000	
18:3	g . . .	0.000		0.000	0.000	0.000	
18:4	g . . .	0.000		0.000	0.000	0.000	
20:4	g . . .	0.000		0.000	0.000	0.000	
20:5	g . . .	0.000		0.000	0.000	0.000	
22:5	g . . .	0.000		0.000	0.000	0.000	
22:6	g . . .	0.000		0.000	0.000	0.000	
Cholesterol	mg . . .	0		0	0	0	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .						
Threonine	g . . .						
Isoleucine	g . . .						
Leucine	g . . .						
Lysine	g . . .						
Methionine	g . . .						
Cystine	g . . .						
Phenylalanine	g . . .						
Tyrosine	g . . .						
Valine	g . . .						
Arginine	g . . .						
Histidine	g . . .						
Alanine	g . . .						
Aspartic acid	g . . .						
Glutamic acid	g . . .						
Glycine	g . . .						
Proline	g . . .						
Serine	g . . .						

¹ Some products contain 11 mg caffeine per 100 g.² Value for cola and pepper types. Other types contain 0 mg per 100 g.

NONALCOHOLIC
Cerob Flavor Mix, powder

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
A	B	C	D	E	F	G
PROXIMATE:				3 tsp = 12.0 g		
Water	g	2.9	0.065	2	0.3	13.1
Food energy	{ kcal	372		45		1,686
	kJ	1,555		187		7,053
Protein (N X 6.25)	g	1.8	0.050	2	0.2	8.0
Total lipid (fat)	g	0.2	0.050	2	0.0	1.0
Carbohydrate, total	g	93.3			11.2	423.1
Crude fiber	g	1.6	0.010	2	0.2	7.2
Ash	g	1.9	0.070	2	0.2	8.4
MINERALS:						
Calcium	mg					
Iron	mg	4.60	0.200	2	0.55	20.87
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg	103	2.500	2	12	465
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0
Thiamin	mg	0.009	0.000	2	0.001	0.041
Riboflavin	mg					
Niacin	mg	0.760	0.000	2	0.091	3.447
Pantothenic acid	mg					
Vitamin B ₆	mg	0.124	0.004	2	0.015	0.562
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.030			0.004	0.136
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000			0.000	0.000
16:0	g	0.024			0.003	0.109
18:0	g	0.005			0.001	0.023
Monounsaturated, total	g	0.060			0.007	0.272
16:1	g	0.001			0.000	0.005
18:1	g	0.059			0.007	0.268
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.068			0.008	0.308
18:2	g	0.066			0.008	0.299
18:3	g	0.002			0.000	0.009
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0			0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

NONALCOHOLIC
Carob Flavor Mix, powder
prepared with milk

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				E	F		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	84.0		215.0		381.0	
Food energy	{ kcal	76		195		345	
	kJ	318		814		1,442	
Protein (N X 6.4)	g	3.2		8.2		14.6	
Total lipid (fat)	g	3.2		8.2		14.5	
Carbohydrate, total	g	8.8		22.6		40.0	
Crude fiber	g	0.1		0.2		0.3	
Ash	g	0.8		2.0		3.5	
MINERALS:							
Calcium ¹	mg	114		291		516	
Iron	mg	0.26		0.67		1.19	
Magnesium ¹	mg	13		33		58	
Phosphorus ¹	mg	89		228		404	
Potassium ¹	mg	144		370		655	
Sodium	mg	52		132		234	
Zinc ¹	mg	0.36		0.93		1.64	
Copper ¹	mg	0.009		0.023		0.041	
Manganese ¹	mg	0.002		0.005		0.009	
VITAMINS:							
Ascorbic acid	mg	0.9		2.3		4.1	
Thiamin	mg	0.037		0.095		0.168	
Riboflavin ¹	mg	0.154		0.394		0.699	
Niacin	mg	0.116		0.297		0.526	
Pantothenic acid ¹	mg	0.299		0.765		1.356	
Vitamin B ₆	mg	0.046		0.118		0.209	
Folacin ¹	mcg	4.8		12.2		21.6	
Vitamin B ₁₂ ¹	mcg	0.34		0.87		1.54	
Vitamin A ¹	{ RE	30		76		134	
	{ IU	120		307		545	
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.983		5.076		8.995	
4:0 ¹	g	0.103		0.264		0.467	
6:0 ¹	g	0.061		0.156		0.277	
8:0 ¹	g	0.035		0.090		0.159	
10:0 ¹	g	0.080		0.205		0.363	
12:0 ¹	g	0.090		0.230		0.408	
14:0	g	0.320		0.819		1.452	
16:0	g	0.839		2.148		3.806	
18:0	g	0.386		0.988		1.751	
Monounsaturated, total	g	0.923		2.363		4.187	
16:1	g	0.072		0.184		0.327	
18:1	g	0.803		2.056		3.642	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.121		0.310		0.549	
18:2	g	0.075		0.192		0.340	
18:3	g	0.047		0.120		0.213	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	13		33		59	
Phytosterols	mg						
AMINO ACIDS:¹							
Tryptophan	g	0.044		0.113		0.200	
Threonine	g	0.142		0.364		0.644	
Isoleucine	g	0.190		0.486		0.862	
Leucine	g	0.307		0.786		1.393	
Lysine	g	0.249		0.637		1.129	
Methionine	g	0.079		0.202		0.358	
Cystine	g	0.029		0.074		0.132	
Phenylalanine	g	0.152		0.389		0.689	
Tyrosine	g	0.152		0.389		0.689	
Valine	g	0.210		0.538		0.953	
Arginine	g	0.113		0.289		0.513	
Histidine	g	0.085		0.218		0.386	
Alanine	g	0.108		0.276		0.490	
Aspartic acid	g	0.238		0.609		1.080	
Glutamic acid	g	0.657		1.682		2.980	
Glycine	g	0.067		0.172		0.304	
Proline	g	0.304		0.778		1.379	
Serine	g	0.171		0.438		0.776	

¹Value for contribution from milk only.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	2-3 heaping tsp = 21.6 g	F	
A	B	C	D	E	F	G
PROXIMATE:¹ ²						
Water	g	0.9		16	0.2	4.0
Food energy	kcal	349			75	1,584
	kJ	1,461			316	6,626
Protein (N X 4 . 74) ³	g	3.3	20	0.7		15.1
Total lipid (fat)	g	3.1	17	0.7		13.9
Carbohydrate, total	g	90.3		19.5		409.8
Crude fiber	g	0.8	13	0.2		3.7
Ash	g	1.8	14	0.4		7.9
MINERALS:						
Calcium	mg	37	16	8		169
Iron	mg	3.14	27	0.68		14.24
Magnesium	mg	98	13	21		443
Phosphorus	mg	128	10	28		579
Potassium	mg	591	11	128		2,682
Sodium	mg	210	26	45		954
Zinc	mg	1.55	12	0.33		7.01
Copper	mg	0.705	11	0.152		3.198
Manganese	mg	0.707	11	0.153		3.207
VITAMINS:						
Ascorbic acid	mg	0.7	0.196	10	0.2	3.3
Thiamin	mg	0.032		11	0.007	0.145
Riboflavin	mg	0.146		4	0.032	0.662
Niacin	mg	0.511		13	0.110	2.318
Pantothenic acid	mg					
Vitamin B ₆	mg	0.010	0.000	10	0.002	0.045
Folacin	mcg					
Vitamin B ₁₂	mcg	0			0	0
Vitamin A	{RE.	2		1	0	9
	IU.	20		1	4	91
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.834			0.396	8.319
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000				
14:0	g	0.003				
16:0	g	0.781				
18:0	g	1.020				
Monounsaturated, total	g	1.009				
16:1	g	0.007				
18:1	g	1.000				
20:1	g	0.001				
22:1	g					
Polysaturated, total	g	0.091				
18:2	g	0.087				
18:3	g	0.004				
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0			0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.045				
Threonine	g	0.111				
Isoleucine	g	0.108				
Leucine	g	0.171				
Lysine	g	0.142				
Methionine	g	0.025				
Cystine	g	0.035				
Phenylalanine	g	0.137				
Tyrosine	g	0.108				
Valine	g	0.166				
Arginine	g	0.157				
Histidine	g	0.048				
Alanine	g	0.123				
Aspartic acid	g	0.280				
Glutamic acid	g	0.412				
Glycine	g	0.127				
Proline	g	0.112				
Serine	g	0.113				

¹ Caffeine = 36 mg per 100 g.

² Theobromine = 559 mg per 100 g.

³ Adjusted protein. Unadjusted protein (N x 5.63) = 4.0 g per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				266 g ¹	F		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g	80.9		215.2		367.0	
Food energy	{ kcal	85		226		385	
Food energy	{ kJ	355		944		1,610	
Protein (N X 6.2)	g	3.3		8.8		14.9	
Total lipid (fat)	g	3.3		8.8		15.1	
Carbohydrate, total	g	11.6		30.9		52.7	
Crude fiber	g	0.1		0.2		0.3	
Ash	g	0.8		2.1		3.6	
MINERALS:							
Calcium	mg	113		300		511	
Iron	mg	0.30		0.80		1.37	
Magnesium	mg	20		54		92	
Phosphorus	mg	96		256		436	
Potassium	mg	187		498		849	
Sodium	mg	62		165		282	
Zinc	mg	0.48		1.26		2.15	
Copper	mg	0.066		0.176		0.299	
Manganese	mg	0.059		0.157		0.268	
VITAMINS:							
Ascorbic acid	mg	0.9		2.5		4.2	
Thiamin	mg	0.038		0.101		0.172	
Riboflavin	mg	0.161		0.428		0.730	
Niacin	mg	0.119		0.317		0.540	
Pantothenic acid. ⁴	mg	0.288		0.766		1.306	
Vitamin B ₆	mg	0.039		0.104		0.177	
Folacin ⁴	mcg	4.6		12.2		20.8	
Vitamin B ₁₂	mcg	0.33		0.87		1.49	
Vitamin A	{ RE	29		76		130	
Vitamin A	{ IU	117		312		532	
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.059		5.477		9.340	
4:0 ⁴	g	0.099		0.263		0.449	
6:0 ⁴	g	0.059		0.157		0.268	
8:0 ⁴	g	0.034		0.090		0.154	
10:0 ⁴	g	0.077		0.205		0.349	
12:0	g	0.086		0.229		0.390	
14:0	g	0.309		0.822		1.402	
16:0	g	0.871		2.317		3.951	
18:0	g	0.455		1.210		2.064	
Monounsaturated, total	g	0.969		2.578		4.395	
16:1	g	0.069		0.184		0.313	
18:1	g	0.853		2.269		3.869	
20:1	g	0.000		0.000		0.000	
22:1	g						
Polyunsaturated, total	g	0.121		0.322		0.549	
18:2	g	0.076		0.202		0.345	
18:3	g	0.045		0.120		0.204	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	12		33		57	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.046		0.122		0.209	
Threonine	g	0.146		0.388		0.662	
Isoleucine	g	0.192		0.511		0.871	
Leucine	g	0.310		0.825		1.406	
Lysine	g	0.251		0.668		1.139	
Methionine	g	0.078		0.207		0.354	
Cystine	g	0.030		0.080		0.136	
Phenylalanine	g	0.157		0.418		0.712	
Tyrosine	g	0.155		0.412		0.703	
Valine	g	0.216		0.575		0.980	
Arginine	g	0.122		0.325		0.553	
Histidine	g	0.086		0.229		0.390	
Alanine	g	0.114		0.303		0.517	
Aspartic acid	g	0.252		0.670		1.143	
Glutamic acid	g	0.666		1.772		3.021	
Glycine	g	0.075		0.200		0.340	
Proline	g	0.302		0.803		1.370	
Serine	g	0.174		0.463		0.789	

¹ 1 c milk + 2-3 heaping tsp powder.

² Caffeine = 3 mg per 100 g.

³ Theobromine = 45 mg per 100 g.

⁴ Value for contribution from milk only.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				1 c = 250 g	1 qt = 1,000 g		
A	B	C	D	E	F		G
PROXIMATE:							
Water	g	82.30	0.2314	8	205.75	823.00	373.31
Food energy	{ kcal	83			208	833	378
	kJ	349			872	3,488	1,582
Protein (N X 6.38)	g	3.17	.0406	11	7.92	31.70	14.38
Total lipid (fat)	g	3.39	.0366	10	8.48	33.90	15.38
Carbohydrate, total	g	10.34			25.85	103.40	46.90
Crude fiber	g06			.15	.60	.27
Ash	g80			2.00	8.00	3.63
MINERALS:							
Calcium	mg	112	3.99	8	280	1,121	508
Iron	mg24			.60	2.40	1.09
Magnesium	mg	13	.62	5	33	130	59
Phosphorus	mg	100	5.38	5	251	1,005	456
Potassium	mg	167	7.48	5	417	1,669	757
Sodium	mg	60	5.2	5	149	596	270
Zinc	mg41	.022	5	1.02	4.10	1.86
Copper	mg						
Manganese	mg						
VITAMINS:¹							
Ascorbic acid	mg91			2.28	9.10	4.13
Thiamin	mg037			.092	.370	.168
Riboflavin	mg162			.405	1.620	.735
Niacin	mg125			.313	1.250	.567
Pantothenic acid	mg295			.738	2.950	1.338
Vitamin B ₆	mg040			.100	.400	.181
Folacin	mcg	5			12	47	21
Vitamin B ₁₂	mcg334			.835	3.340	1.515
Vitamin A	{ RE	29			72	290	132
	IU	121			302	1,210	549
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.10			5.26	21.04	9.54
4:0	g10			.25	1.01	.46
6:0	g06			.15	.60	.27
8:0	g04			.09	.35	.16
10:0	g08			.20	.78	.36
12:0	g09			.22	.88	.40
14:0	g32			.79	3.15	1.43
16:0	g89			2.22	8.89	4.03
18:0	g47			1.16	4.66	2.11
Monounsaturated, total	g99			2.48	9.90	4.49
16:1	g07			.18	.71	.32
18:1	g87			2.18	8.72	3.96
20:1	g						
22:1	g						
Polyunsaturated, total	g12			.31	1.24	.56
18:2	g08			.20	.78	.36
18:3	g05			.12	.46	.21
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	12			30	122	55
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g045			.112	.447	.203
Threonine	g143			.358	1.431	.649
Isoleucine	g192			.479	1.918	.870
Leucine	g311			.776	3.105	1.409
Lysine	g251			.629	2.514	1.140
Methionine	g079			.199	.795	.361
Cystine	g029			.073	.293	.133
Phenylalanine	g153			.383	1.530	.694
Tyrosine	g153			.383	1.530	.694
Valine	g212			.530	2.122	.962
Arginine	g115			.287	1.148	.521
Histidine	g086			.215	.860	.390
Alanine	g109			.273	1.093	.496
Aspartic acid	g240			.601	2.405	1.091
Glutamic acid	g664			1.660	6.638	3.011
Glycine	g067			.168	.671	.304
Proline	g307			.768	3.071	1.393
Serine	g172			.431	1.724	.782

¹If vitamin D is added, each cup contains 100 IU.

NONALCOHOLIC

Chocolate Syrup, without added nutrients

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 fl oz (2 tbsp) = 37.5 g	1 c = 300 g		
A	B	C	D	E	F	G	
PROXIMATE:^{1 2}							
Water	g	37.2	11	13.9	111.5	168.6	
Food energy	{ kcal	218		82	653	987	
	kJ	911		342	2,732	4,131	
Protein (N X 6.25) ³	g	1.9	12	0.7	5.8	8.7	
Total lipid (fat)	g	0.9	12	0.3	2.6	3.9	
Carbohydrate, total	g	58.9		22.1	176.7	267.2	
Crude fiber	g	0.2	11	0.1	0.7	1.0	
Ash	g	0.8	11	0.3	2.3	3.4	
MINERALS:							
Calcium	mg	14	3	5	42	64	
Iron	mg	2.11	13	0.79	6.32	9.56	
Magnesium	mg	65	3	24	195	295	
Phosphorus	mg	129	2	48	386	584	
Potassium	mg	224	3	84	672	1,017	
Sodium	mg	96	13	36	287	434	
Zinc	mg	0.73	3	0.27	2.18	3.30	
Copper	mg	0.512	4	0.192	1.536	2.322	
Manganese	mg	0.382	3	0.143	1.146	1.733	
VITAMINS:							
Ascorbic acid	mg	0.2	11	0.1	0.6	0.9	
Thiamin	mg	0.009	12	0.003	0.027	0.041	
Riboflavin	mg	0.050	1	0.019	0.150	0.227	
Niacin	mg	0.322	12	0.121	0.966	1.461	
Pantothenic acid	mg	0.013	1	0.005	0.039	0.059	
Vitamin B ₆	mg	0.006	11	0.002	0.018	0.027	
Folacin	mcg	4.0	1	1.5	12.0	18.1	
Vitamin B ₁₂	mcg	0.00	1	0.00	0.00	0.00	
Vitamin A	{ RE	3	2	1	9	13	
	{ IU	30	2	11	89	134	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.519		0.195	1.557	2.354	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.001		0.000	0.003	0.005	
16:0	g	0.221		0.083	0.663	1.002	
18:0	g	0.289		0.108	0.867	1.311	
Monounsaturated, total	g	0.286		0.107	0.858	1.297	
16:1	g	0.002		0.001	0.006	0.009	
18:1	g	0.283		0.106	0.849	1.284	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g						
Polyunsaturated, total	g	0.026		0.010	0.078	0.118	
18:2	g	0.025		0.009	0.075	0.113	
18:3	g	0.001		0.000	0.003	0.005	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.026		0.010	0.078	0.118	
Threonine	g	0.064		0.024	0.192	0.290	
Isoleucine	g	0.063		0.024	0.189	0.286	
Leucine	g	0.099		0.037	0.297	0.449	
Lysine	g	0.082		0.031	0.246	0.372	
Methionine	g	0.015		0.006	0.045	0.068	
Cystine	g	0.020		0.008	0.060	0.091	
Phenylalanine	g	0.080		0.030	0.240	0.363	
Tyrosine	g	0.063		0.024	0.189	0.286	
Valine	g	0.096		0.036	0.288	0.435	
Arginine	g	0.091		0.034	0.273	0.413	
Histidine	g	0.028		0.011	0.084	0.127	
Alanine	g	0.072		0.027	0.216	0.327	
Aspartic acid	g	0.163		0.061	0.489	0.739	
Glutamic acid	g	0.240		0.090	0.720	1.089	
Glycine	g	0.074		0.028	0.222	0.336	
Proline	g	0.065		0.024	0.195	0.295	
Serine	g	0.066		0.025	0.198	0.299	

¹Caffeine = 14 mg per 100 g.²Theobromine = 243 mg per 100 g.³Adjusted protein. Unadjusted protein (N X 5.63) = 2.3 g per 100 g.

NONALCOHOLIC
Chocolate Syrup, without added nutrients
prepared with milk

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		
A	B	C	D	E	F	G
PROXIMATE:^{1, 2}						
Water	g	81.2		229.0		368.4
Food energy	{ kcal	82		232		373
Protein (N X 6.2)	g	344		970		1,561
Total lipid (fat)	g	3.1		8.8		14.1
Carbohydrate, total	g	3.0		8.5		13.7
Crude fiber	g	11.9		33.5		53.9
Ash	g	0.0		0.1		0.1
	g	0.7		2.0		3.3
MINERALS:						
Calcium	mg	105		297		478
Iron	mg	0.32		0.91		1.47
Magnesium	mg	20		57		92
Phosphorus	mg	98		277		445
Potassium	mg	161		455		731
Sodium	mg	55		156		250
Zinc	mg	0.43		1.20		1.93
Copper	mg	0.077		0.217		0.349
Manganese	mg	0.053		0.149		0.240
VITAMINS:						
Ascorbic acid	mg	0.8		2.4		3.8
Thiamin	mg	0.034		0.096		0.154
Riboflavin	mg	0.147		0.415		0.667
Niacin	mg	0.116		0.327		0.526
Pantothenic acid	mg	0.274		0.773		1.243
Vitamin B ₆	mg	0.037		0.104		0.168
Folacin	mcg	4.9		13.7		22.1
Vitamin B ₁₂	mcg	0.31		0.87		1.40
Vitamin A	{ RE	27		77		124
	{ IU	113		319		513
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.871		5.276		8.487
4:0 ³	g	0.094		0.265		0.426
6:0 ³	g	0.055		0.155		0.249
8:0 ³	g	0.032		0.090		0.145
10:0 ³	g	0.073		0.206		0.331
12:0	g	0.081		0.228		0.367
14:0	g	0.291		0.821		1.320
16:0	g	0.791		2.231		3.588
18:0	g	0.390		1.100		1.769
Monounsaturated, total	g	0.875		2.468		3.969
16:1	g	0.065		0.183		0.295
18:1	g	0.766		2.160		3.475
20:1	g	0.000		0.000		0.000
22:1	g					
Polyunsaturated, total	g	0.111		0.313		0.503
18:2	g	0.068		0.192		0.308
18:3	g	0.043		0.121		0.195
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	12		33		53
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.043		0.121		0.195
Threonine	g	0.138		0.389		0.626
Isoleucine	g	0.181		0.510		0.821
Leucine	g	0.292		0.823		1.325
Lysine	g	0.237		0.668		1.075
Methionine	g	0.074		0.209		0.336
Cystine	g	0.029		0.082		0.132
Phenylalanine	g	0.148		0.417		0.671
Tyrosine	g	0.146		0.412		0.662
Valine	g	0.203		0.572		0.921
Arginine	g	0.115		0.324		0.522
Histidine	g	0.081		0.228		0.367
Alanine	g	0.108		0.305		0.490
Aspartic acid	g	0.238		0.671		1.080
Glutamic acid	g	0.629		1.774		2.853
Glycine	g	0.071		0.200		0.322
Proline	g	0.285		0.804		1.293
Serine	g	0.164		0.462		0.744

¹Caffeine = 2 mg per 100 g.²Theobromine = 32 mg per 100 g.³Value for contribution from milk only.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	1 tbsp = 18.8 g	1 c = 300 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	29.4	7	5.5	88.3	133.6
Food energy	kcal	245		46	735	1,112
	kJ	1,025		193	3,076	4,651
Protein (N X 4.74) ¹	g	1.8	7	0.3	5.5	8.3
Total lipid (fat)	g	1.3	7	0.2	3.8	5.8
Carbohydrate, total	g	65.8		12.4	197.5	298.6
Crude fiber	g	0.6	7	0.1	1.7	2.6
Ash	g	1.3	7	0.2	3.8	5.8
MINERALS:						
Calcium	mg					
Iron ²	mg	13.55	3	2.55	40.65	61.46
Magnesium	mg					
Phosphorus ²	mg					
Potassium ²	mg	481	20.546	90	1,443	2,182
Sodium ²	mg	153		29	459	694
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.9	0.020	2	0.2	2.6
Thiamin	mg	0.003	0.000	2	0.001	0.009
Riboflavin ²	mg	0.825		5	0.155	2.475
Niacin ²	mg	33.586		7	6.314	100.758
Pantothenic acid	mg					
Vitamin B ₆	mg	0.019	0.000	2	0.004	0.057
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A ²	(RE	1,301		245	3,902	5,900
	(IU	4,345		817	13,035	19,709
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.762		0.143	2.286	3.456
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0.000	0.000	0.000
14:0	g	0.001		0.000	0.003	0.005
16:0	g	0.325		0.061	0.975	1.474
18:0	g	0.424		0.080	1.272	1.923
Monounsaturated, total	g	0.420		0.079	1.260	1.905
16:1	g	0.003		0.001	0.009	0.014
18:1	g	0.416		0.078	1.248	1.887
20:1	g	0.000		0.000	0.000	0.000
22:1	g					
Polyunsaturated, total	g	0.038		0.007	0.114	0.172
18:2	g	0.036		0.007	0.108	0.163
18:3	g	0.002		0.000	0.006	0.009
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.025		0.005	0.075	0.113
Threonine	g	0.061		0.011	0.183	0.277
Isoleucine	g	0.060		0.011	0.180	0.272
Leucine	g	0.094		0.018	0.282	0.426
Lysine	g	0.078		0.015	0.234	0.354
Methionine	g	0.014		0.003	0.042	0.064
Cystine	g	0.019		0.004	0.057	0.086
Phenylalanine	g	0.076		0.014	0.228	0.345
Tyrosine	g	0.060		0.011	0.180	0.272
Valine	g	0.092		0.017	0.276	0.417
Arginine	g	0.087		0.016	0.261	0.395
Histidine	g	0.027		0.005	0.081	0.122
Alanine	g	0.068		0.013	0.204	0.308
Aspartic acid	g	0.155		0.029	0.465	0.703
Glutamic acid	g	0.228		0.043	0.684	1.034
Glycine	g	0.070		0.013	0.210	0.318
Proline	g	0.062		0.012	0.186	0.281
Serine	g	0.063		0.012	0.189	0.286

¹ Adjusted protein. Unadjusted protein (N x 5.63) = 2.2 g per 100 g.

² Source added.

NONALCOHOLIC
Chocolate Syrup, with added nutrients
prepared with milk

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Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight 1 c milk + 1 tbsp syrup = 263 g	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: 0	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	83.8		220.4		380.1
Food energy	{ kcal	75		196		338
	kJ	312		821		1,415
Protein (N X 6.3)	g	3.2		8.4		14.5
Total lipid (fat)	g	3.2		8.4		14.5
Carbohydrate, total	g	9.0		23.8		41.0
Crude fiber	g	0.0		0.1		0.2
Ash	g	0.8		2.0		3.4
MINERALS:						
Calcium ¹	mg	111		292		503
Iron ²	mg	1.02		2.67		4.61
Magnesium ¹	mg	12		33		57
Phosphorus ¹	mg	87		228		393
Potassium ²	mg	175		460		794
Sodium ²	mg	56		148		256
Zinc ²	mg	0.35		0.93		1.60
Copper ¹	mg	0.009		0.024		0.041
Manganese ¹	mg	0.002		0.005		0.009
VITAMINS:						
Ascorbic acid	mg	0.9		2.5		4.2
Thiamin	mg	0.036		0.095		0.163
Riboflavin ²	mg	0.209		0.550		0.948
Niacin	mg	2.481		6.525		11.254
Pantothenic acid ¹	mg	0.292		0.768		1.325
Vitamin B ₆	mg	0.040		0.105		0.181
Folacin ¹	mcg	4.6		12.2		21.1
Vitamin B ₁₂	mcg	0.33		0.87		1.50
Vitamin A ²	{ RE	122		320		553
	IU	428		1,125		1,941
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.985		5.221		9.004
4:0 ¹	g	0.100		0.263		0.454
6:0 ¹	g	0.059		0.155		0.268
8:0 ¹	g	0.034		0.089		0.154
10:0 ¹	g	0.078		0.205		0.354
12:0	g	0.087		0.229		0.395
14:0	g	0.312		0.821		1.415
16:0	g	0.839		2.207		3.806
18:0	g	0.406		1.068		1.842
Monounsaturated, total	g	0.926		2.435		4.200
16:1	g	0.070		0.184		0.318
18:1	g	0.810		2.130		3.674
20:1	g	0.000		0.000		0.000
22:1	g					
Polyunsaturated, total	g	0.118		0.310		0.535
18:2	g	0.072		0.189		0.327
18:3	g	0.046		0.121		0.209
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	13		33		57
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.044		0.116		0.200
Threonine	g	0.143		0.376		0.649
Isoleucine	g	0.189		0.497		0.857
Leucine	g	0.306		0.805		1.388
Lysine	g	0.248		0.652		1.125
Methionine	g	0.078		0.205		0.354
Cystine	g	0.029		0.076		0.132
Phenylalanine	g	0.153		0.402		0.694
Tyrosine	g	0.152		0.400		0.689
Valine	g	0.211		0.555		0.957
Arginine	g	0.117		0.308		0.531
Histidine	g	0.085		0.224		0.386
Alanine	g	0.110		0.289		0.499
Aspartic acid	g	0.243		0.639		1.102
Glutamic acid	g	0.656		1.725		2.976
Glycine	g	0.070		0.184		0.318
Proline	g	0.301		0.792		1.365
Serine	g	0.171		0.450		0.776

¹Value for contribution from milk only.

²Source added.

NONALCOHOLIC

Citrus Fruit Juice Drink, frozen concentrate

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	12 fl oz can = 423 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.4	1	242.8		260.4
Food energy	{ kcal . . .	162		684		733
	kJ . . .	676		2,861		3,068
Protein (N X 6.25)	g . . .	1.2	1	4.9		5.3
Total lipid (fat)	g . . .	0.1	1	0.3		0.3
Carbohydrate, total	g . . .	40.3		170.5		182.8
Crude fiber ¹	g . . .					
Ash	g . . .	1.1	1	4.5		4.8
MINERALS:						
Calcium	mg . . .	25	7	106		114
Iron	mg . . .	3.94	1	16.67		17.87
Magnesium	mg . . .	20	8	85		91
Phosphorus	mg . . .	36	2,789	151		162
Potassium	mg . . .	393	8	1,660		1,781
Sodium	mg . . .	3	8	12		13
Zinc	mg . . .	0.12	1	0.51		0.54
Copper	mg . . .	0.097	4	0.410		0.440
Manganese	mg . . .	0.255	2	1.079		1.157
VITAMINS:						
Ascorbic acid	mg . . .	95.3	1	403.1		432.3
Thiamin	mg . . .	0.051	1	0.216		0.231
Riboflavin	mg . . .					
Niacin	mg . . .	0.632	1	2.673		2.867
Pantothenic acid	mg . . .	0.463	1	1.958		2.100
Vitamin B ₆	mg . . .	0.086	1	0.364		0.390
Folic acid	mcg . . .	7.0	1	29.6		31.8
Vitamin B ₁₂	mcg . . .	0.00	1	0.00		0.00
Vitamin A	{ RE . . .	15	1	62		66
	IU . . .	146	1	618		662
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	0.007		0.030		0.032
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .					
12:0	g . . .					
14:0	g . . .	0.000		0.000		0.000
16:0	g . . .	0.007		0.030		0.032
18:0	g . . .	0.000		0.000		0.000
Monounsaturated, total	g . . .	0.007		0.030		0.032
16:1	g . . .	0.001		0.004		0.005
18:1	g . . .	0.004		0.017		0.018
20:1	g . . .					
22:1	g . . .					
Polysaturated, total	g . . .	0.015		0.063		0.068
18:2	g . . .	0.011		0.047		0.050
18:3	g . . .	0.004		0.017		0.018
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	0		0		0
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .					
Threonine	g . . .					
Isoleucine	g . . .					
Leucine	g . . .					
Lysine	g . . .					
Methionine	g . . .					
Cystine	g . . .					
Phenylalanine	g . . .					
Tyrosine	g . . .					
Valine	g . . .					
Arginine	g . . .					
Histidine	g . . .					
Alanine	g . . .					
Aspartic acid	g . . .					
Glutamic acid	g . . .					
Glycine	g . . .					
Proline	g . . .					
Serine	g . . .					

¹ Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.2 g per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 31.0 g	1 c = 248 g	Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	87.8		27.2	217.9	398.5	
Food energy	{ kcal	46		14	114	208	
	kJ	192		60	477	872	
Protein (N X 6.25)	g	0.3		0.1	0.8	1.5	
Total lipid (fat)	g	0.0		0.0	0.0	0.1	
Carbohydrate, total	g	11.5		3.6	28.4	52.0	
Crude fiber	g						
Ash	g	0.3		0.1	0.8	1.5	
MINERALS:							
Calcium	mg	9		3	21	39	
Iron	mg	1.12		0.35	2.79	5.10	
Magnesium	mg	6		2	16	29	
Phosphorus	mg	10		3	25	46	
Potassium	mg	112		35	277	507	
Sodium	mg	3		1	7	13	
Zinc	mg	0.05		0.02	0.13	0.24	
Copper	mg	0.032		0.010	0.079	0.145	
Manganese	mg	0.073		0.023	0.181	0.331	
VITAMINS:							
Ascorbic acid	mg	27.1		8.4	67.2	122.9	
Thiamin	mg	0.014		0.004	0.035	0.064	
Riboflavin	mg						
Niacin	mg	0.180		0.056	0.446	0.816	
Pantothenic acid	mg	0.132		0.041	0.327	0.599	
Vitamin B ₆	mg	0.024		0.007	0.060	0.109	
Folacin	mcg	2.0		0.6	4.9	9.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	4		1	10	19	
	{ IU	42		13	103	188	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.002		0.001	0.005	0.009	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.002		0.001	0.005	0.009	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.002		0.001	0.005	0.009	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.001		0.000	0.000	0.000	
20:1	g			0.000	0.002	0.005	
22:1	g						
Polyunsaturated, total	g	0.004		0.001	0.010	0.018	
18:2	g	0.003		0.001	0.007	0.014	
18:3	g	0.001		0.000	0.002	0.005	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.1 g per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: ⁰
				1 fl oz = 30.2 g	5.5 fl oz can = 166 g	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	87.5	1	26.4	145.3	397.1
Food energy	kcal	46		14	77	210
Food energy	kJ	194		59	322	880
Protein (N X 6.25)	g	0.6	1	0.2	1.1	2.9
Total lipid (fat)	g	0.1	1	0.0	0.1	0.2
Carbohydrate, total	g	10.9		3.3	18.1	49.4
Crude fiber	g	0.1	1	0.0	0.2	0.5
Ash	g	0.9	1	0.3	1.5	4.0
MINERALS:						
Calcium	mg	12	1	4	21	56
Iron	mg	0.60	1	0.18	1.00	2.72
Magnesium	mg					
Phosphorus	mg					
Potassium	mg	90	1	27	149	408
Sodium	mg	400	1	121	664	1,814
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	4.1	1	1.2	6.7	18.4
Thiamin	mg	0.040	1	0.012	0.066	0.181
Riboflavin	mg	0.030	1	0.009	0.050	0.136
Niacin	mg	0.190	1	0.057	0.315	0.862
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{RE. IU	22 215	1	6 65	36 357	98 975
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.007		0.002	0.012	0.032
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.005		0.002	0.008	0.023
18:0	g	0.002		0.001	0.003	0.009
Monounsaturated, total	g	0.008		0.002	0.013	0.036
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.007		0.002	0.012	0.032
20:1	g	0.000		0.000	0.000	0.000
22:1	g					
Polysaturated, total	g	0.020		0.006	0.033	0.091
18:2	g	0.019		0.006	0.032	0.086
18:3	g	0.001		0.000	0.002	0.005
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.004		0.001	0.007	0.018
Threonine	g	0.015		0.005	0.025	0.068
Isoleucine	g	0.012		0.004	0.020	0.054
Leucine	g	0.018		0.005	0.030	0.082
Lysine	g	0.018		0.005	0.030	0.082
Methionine	g	0.003		0.001	0.005	0.014
Cystine	g	0.004		0.001	0.007	0.018
Phenylalanine	g	0.013		0.004	0.022	0.059
Tyrosine	g	0.009		0.003	0.015	0.041
Valine	g	0.013		0.004	0.022	0.059
Arginine	g	0.013		0.004	0.022	0.059
Histidine	g	0.010		0.003	0.017	0.045
Alanine	g	0.020		0.006	0.033	0.091
Aspartic acid	g	0.080		0.024	0.133	0.363
Glutamic acid	g	0.255		0.077	0.423	1.157
Glycine	g	0.011		0.003	0.018	0.050
Proline	g	0.014		0.004	0.023	0.064
Serine	g	0.015		0.005	0.025	0.068

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: 0	G
A	B	C	D	E	F	G
PROXIMATE:² ³						
Water	g	1.5	0.079	4	0.4	6.6
Food energy	kcal	361		102		1,636
	kJ	1,509		429		6,847
Protein (N X 5.9) ⁴	g	10.8		3.1		49.0
Total lipid (fat)	g	4.0		1.1		18.3
Carbohydrate, total	g	79.1		22.5		358.9
Crude fiber	g	0.5		0.2		2.4
Ash	g	4.1	0.050	4	1.2	18.4
MINERALS:						
Calcium	mg	326		93		1,481
Iron	mg	1.19		8	0.34	5.39
Magnesium	mg	83		24		378
Phosphorus	mg	315		8	89	1,427
Potassium	mg	712		8	202	3,230
Sodium	mg	504		8	143	2,287
Zinc	mg	1.46		9	0.41	6.61
Copper	mg	0.286		8	0.081	1.297
Manganese	mg	0.269		8	0.076	1.220
VITAMINS:						
Ascorbic acid	mg	1.8		3	0.5	7.9
Thiamin	mg	0.096		8	0.027	0.435
Riboflavin	mg	0.565		8	0.160	2.563
Niacin	mg	0.586		8	0.166	2.658
Pantothenic acid	mg	0.893		3	0.254	4.051
Vitamin B ₆	mg	0.114		3	0.032	0.517
Folacin	mcg	0.0		3	0.0	0.1
Vitamin B ₁₂	mcg	1.32		3	0.38	6.00
Vitamin A	{RE.	3			1	12
	{IU.	14		4	4	62
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.408				10.923
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000			0.000	0.000
14:0	g	0.004			0.001	0.018
16:0	g	1.025			0.291	4.649
18:0	g	1.340			0.381	6.078
Monounsaturated, total	g	1.326			0.377	6.015
16:1	g	0.009			0.003	0.041
18:1	g	1.313			0.373	5.956
20:1	g	0.001			0.000	0.005
22:1	g					
Polyunsaturated, total	g	0.119			0.034	0.540
18:2	g	0.115			0.033	0.522
18:3	g	0.005			0.001	0.023
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.150			0.043	0.680
Threonine	g	0.453			0.129	2.055
Isoleucine	g	0.572			0.162	2.595
Leucine	g	0.923			0.262	4.187
Lysine	g	0.750			0.213	3.402
Methionine	g	0.220			0.062	0.998
Cystine	g	0.103			0.029	0.467
Phenylalanine	g	0.499			0.142	2.263
Tyrosine	g	0.474			0.135	2.150
Valine	g	0.671			0.191	3.044
Arginine	g	0.420			0.119	1.905
Histidine	g	0.256			0.073	1.161
Alanine	g	0.378			0.107	1.715
Aspartic acid	g	0.841			0.239	3.815
Glutamic acid	g	2.013			0.572	9.131
Glycine	g	0.274			0.078	1.243
Proline	g	0.863			0.245	3.915
Serine	g	0.528			0.150	2.395

¹ 1 oz pkt (3-4 heaping tsp).

² Caffeine = 18 mg per 100 g.

³ Theobromine = 240 mg per 100 g.

⁴ Adjusted protein. Unadjusted protein (N x 6.2) = 11.4 g per 100 g.

NONALCOHOLIC
Cocoa Mix, without added nutrients, powder
prepared with water

Nutrients and units	Amount in 100 grams, edible portion			Approximate measure and weight 206 g ¹	Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples		E	F	
	B	C	D		G		
PROXIMATE:² ³							
Water	g	86.4		177.9			391.7
Food energy	kcal	50		103			226
	kJ	208		429			945
Protein (N X 5.9)	g	1.5		3.1			6.8
Total lipid (fat)	g	0.6		1.1			2.5
Carbohydrate, total	g	10.9		22.5			49.5
Crude fiber	g	0.1		0.2			0.3
Ash	g	0.6		1.2			2.7
MINERALS:							
Calcium	mg	47		96			212
Iron	mg	0.17		0.35			0.76
Magnesium	mg	12		25			56
Phosphorus	mg	43		89			197
Potassium	mg	98		203			447
Sodium	mg	72		149			327
Zinc	mg	0.22		0.46			1.01
Copper	mg	0.045		0.093			0.204
Manganese	mg	0.038		0.078			0.172
VITAMINS:							
Ascorbic acid	mg	0.2		0.5			1.1
Thiamin	mg	0.013		0.027			0.059
Riboflavin	mg	0.078		0.161			0.354
Niacin	mg	0.081		0.167			0.367
Pantothenic acid	mg	0.123		0.253			0.558
Vitamin B ₆	mg	0.016		0.033			0.073
Folacin	mcg	0.0		0.0			0.0
Vitamin B ₁₂	mcg	0.18		0.37			0.83
Vitamin A	{RE: IU}	0		1			2
		2		4			9
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.332		0.684			1.506
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0.000			0.000
14:0	g	0.001		0.002			0.005
16:0	g	0.141		0.290			0.640
18:0	g	0.185		0.381			0.839
Monounsaturated, total	g	0.183		0.377			0.830
16:1	g	0.001		0.002			0.005
18:1	g	0.181		0.373			0.821
20:1	g	0.000		0.000			0.000
22:1	g						
Polyunsaturated, total	g	0.016		0.033			0.073
18:2	g	0.016		0.033			0.073
18:3	g	0.001		0.002			0.005
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.021		0.043			0.095
Threonine	g	0.063		0.130			0.286
Isoleucine	g	0.079		0.163			0.358
Leucine	g	0.127		0.262			0.576
Lysine	g	0.103		0.212			0.467
Methionine	g	0.030		0.062			0.136
Cystine	g	0.014		0.029			0.064
Phenylalanine	g	0.069		0.142			0.313
Tyrosine	g	0.065		0.134			0.295
Valine	g	0.093		0.192			0.422
Arginine	g	0.058		0.119			0.263
Histidine	g	0.035		0.072			0.159
Alanine	g	0.052		0.107			0.236
Aspartic acid	g	0.116		0.239			0.526
Glutamic acid	g	0.278		0.573			1.261
Glycine	g	0.038		0.078			0.172
Proline	g	0.119		0.245			0.540
Serine	g	0.073		0.150			0.331

¹6 fl oz water + 3-4 heaping tsp powder.
²Caffeine = 2 mg per 100 g.

³Theobromine = 33 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Approximate measure and weight 1.1 oz pkt = 31.2 g	Amount in edible portion of common measures of food	
	Mean	Standard error	Number of samples		Amount in edible portion of 1 pound of food as purchased	
	A	B	C		F	G
PROXIMATE:						
Water	g	1.5		0.5		6.6
Food energy	{ kcal	384		120	1,740	
	kJ	1,605		501	7,281	
Protein (N X 5.9) ¹	g	6.1		1.9	27.5	
Total lipid (fat)	g	9.6	1	3.0	43.6	
Carbohydrate, total	g	77.0		24.0	349.1	
Crude fiber	g					
Ash	g	5.6		1.8	25.4	
MINERALS:						
Calcium ²	mg	321	1	100	1,455	
Iron ²	mg	5.77	1	1.80	26.18	
Magnesium	mg	71	1	22	320	
Phosphorus ²	mg	356	1	111	1,615	
Potassium ²	mg	1,295	1	404	5,876	
Sodium ²	mg	645	1	201	2,924	
Zinc	mg	0.71	1	0.22	3.20	
Copper	mg	0.321	1	0.100	1.456	
Manganese	mg	0.289	1	0.090	1.311	
VITAMINS:						
Ascorbic acid ²	mg	19.2	1	6.0	87.3	
Thiamin ²	mg	0.481	1	0.150	2.182	
Riboflavin ²	mg	0.545	1	0.170	2.472	
Niacin ²	mg	6.413	1	2.001	29.089	
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A ²	{ RE	480		150	2,177	
	IU	1,603	1	500	7,273	
LIPIDS:						
Fatty acids:						
Saturated, total	g	5.747		1.793		26.068
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0.000		0.000
14:0	g	0.008		0.002		0.036
16:0	g	2.447		0.763		11.100
18:0	g	3.198		0.998		14.506
Monounsaturated, total	g	3.164		0.987		14.352
16:1	g	0.021		0.007		0.095
18:1	g	3.135		0.978		14.220
20:1	g	0.002		0.001		0.009
22:1	g					
Polyunsaturated, total	g	0.284		0.089		1.288
18:2	g	0.274		0.085		1.243
18:3	g	0.013		0.004		0.059
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.084		0.026		0.381
Threonine	g	0.254		0.079		1.152
Isoleucine	g	0.320		0.100		1.452
Leucine	g	0.517		0.161		2.345
Lysine	g	0.420		0.131		1.905
Methionine	g	0.123		0.038		0.558
Cystine	g	0.058		0.018		0.263
Phenylalanine	g	0.279		0.087		1.266
Tyrosine	g	0.266		0.083		1.207
Valine	g	0.376		0.117		1.706
Arginine	g	0.235		0.073		1.066
Histidine	g	0.144		0.045		0.653
Alanine	g	0.212		0.066		0.962
Aspartic acid	g	0.471		0.147		2.136
Glutamic acid	g	1.127		0.352		5.112
Glycine	g	0.153		0.048		0.694
Proline	g	0.484		0.151		2.195
Serine	g	0.296		0.092		1.343

¹Adjusted protein. Unadjusted protein (N x 6.2)
= 6.4 g per 100 g.

²Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	6 fl oz water + 1 pkt = 209 g		
	A	B	C	D	E	F
PROXIMATE:						
Water	g	85.2		178.1		386.5
Food energy	{ kcal	57		120		260
	kJ	240		502		1,089
Protein (N X 5.9)	g	0.9		1.9		4.1
Total lipid (fat)	g	1.4		3.0		6.5
Carbohydrate, total	g	11.5		24.1		52.2
Crude fiber	g					
Ash	g	0.9		1.8		4.0
MINERALS:						
Calcium ¹	mg	50		104		226
Iron ¹	mg	0.87		1.81		3.94
Magnesium	mg	11		24		52
Phosphorus ¹	mg	53		111		242
Potassium ¹	mg	194		405		880
Sodium ¹	mg	99		207		449
Zinc	mg	0.13		0.27		0.58
Copper	mg	0.053		0.111		0.240
Manganese	mg	0.044		0.092		0.200
VITAMINS:						
Ascorbic acid ¹	mg	2.9		6.0		13.1
Thiamin ¹	mg	0.072		0.150		0.327
Riboflavin	mg	0.081		0.169		0.367
Niacin ¹	mg	0.959		2.004		4.350
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A ¹	{ RE	72		150		326
	IU	240		501		1,088
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.860		1.797		3.901
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.000		0.000		0.000
14:0	g	0.001		0.002		0.005
16:0	g	0.366		0.765		1.660
18:0	g	0.478		0.999		2.168
Monounsaturated, total	g	0.473		0.989		2.146
16:1	g	0.003		0.006		0.014
18:1	g	0.469		0.980		2.127
20:1	g	0.000		0.000		0.000
22:1	g					
Polyunsaturated, total	g	0.042		0.088		0.191
18:2	g	0.041		0.086		0.186
18:3	g	0.002		0.004		0.009
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.013		0.027		0.059
Threonine	g	0.038		0.079		0.172
Isoleucine	g	0.048		0.100		0.218
Leucine	g	0.077		0.161		0.349
Lysine	g	0.063		0.132		0.286
Methionine	g	0.018		0.038		0.082
Cystine	g	0.009		0.019		0.041
Phenylalanine	g	0.042		0.088		0.191
Tyrosine	g	0.040		0.084		0.181
Valine	g	0.056		0.117		0.254
Arginine	g	0.035		0.073		0.159
Histidine	g	0.022		0.046		0.100
Alanine	g	0.032		0.067		0.145
Aspartic acid	g	0.070		0.146		0.318
Glutamic acid	g	0.169		0.353		0.767
Glycine	g	0.023		0.048		0.104
Proline	g	0.072		0.150		0.327
Serine	g	0.044		0.092		0.200

¹Source added.

Cocoa Mix, reduced calorie, aspartame sweetened, powder

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				0.53 oz pkt = 15.0 g	0.675 oz pkt = 19.1 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	3.4	0.115	2	0.5	0.7	15.6
Food energy	kcal	319			48	61	1,447
Protein (N X 5.9) ¹	g	1,335		200	255		6,056
Total lipid (fat)	g	25.1	4.249	2	3.8	4.8	114.0
Carbohydrate, total	g	3.0	0.165	2	0.4	0.6	13.5
Crude fiber	g	56.7			8.5	10.8	257.3
Ash	g	10.5	0.250	2	1.6	2.0	47.4
MINERALS:							
Calcium ²	mg	576		1	86	110	2,613
Iron	mg	4.96	1.170	2	0.74	0.95	22.50
Magnesium	mg	208	55.008	2	31	40	943
Phosphorus ³	mg	893		1	134	171	4,051
Potassium	mg	2,702	240.036	2	405	516	12,256
Sodium ⁴	mg	1,121		1	168	214	5,085
Zinc	mg	3.44	0.990	2	0.52	0.66	15.60
Copper	mg	0.730	0.000	2	0.110	0.139	3.311
Manganese	mg	0.665	0.005	2	0.100	0.127	3.016
VITAMINS:							
Ascorbic acid	mg	0.0				0.0	
Thiamin	mg	0.267	0.049	2	0.040	0.051	1.211
Riboflavin	mg	1.400	0.260	2	0.210	0.267	6.350
Niacin	mg	1.084	0.013	2	0.163	0.207	4.917
Pantothenic acid	mg	3.826	0.708	2	0.574	0.731	17.355
Vitamin B ₆	mg	0.318	0.037	2	0.048	0.061	1.442
Folacin	mcg	14.8	0.250	2	2.2	2.8	66.9
Vitamin B ₁₂	mcg						
Vitamin A ⁵	{RE. IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.777			0.267	0.339	8.060
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000			0.000	0.000	0.000
14:0	g	0.003			0.000	0.001	0.014
16:0	g	0.757			0.114	0.145	3.434
18:0	g	0.989			0.148	0.189	4.486
Monounsaturated, total	g	0.979			0.147	0.187	4.441
16:1	g	0.007			0.001	0.001	0.032
18:1	g	0.969			0.145	0.185	4.395
20:1	g	0.001			0.000	0.000	0.005
22:1	g						
Polyunsaturated, total	g	0.088			0.013	0.017	0.399
18:2	g	0.085			0.013	0.016	0.386
18:3	g	0.004			0.001	0.001	0.018
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Adjusted protein. Unadjusted protein (N x 6.2) = 26.4 g per 100 g.

²Value for product without added calcium.

Product with added calcium contains 1,440 mg per 100 g.

³Value for product without added phosphorus. Product with added phosphorus contains 1,630 mg per 100 g.

⁴Value for product with sodium caseinate. Product without added sodium caseinate contains 653 mg per 100 g.

⁵Value for product with added vitamin A is 1,600 IU per 100 g.

NONALCOHOLIC
Cocoa Mix, reduced calorie, aspartame sweetened, powder
prepared with water

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Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight 192 g ¹	Amount in edible portion of 1 pound of food as purchased		
	Mean	Standard error	Number of samples		Refuse: ²		
					A	B	
PROXIMATE:							
Water	g	92.4		177.5		419.2	
Food energy	{ kcal	25		48		113	
	kJ	104		200		472	
Protein (N X 5.9)	g	2.0		3.8		8.9	
Total lipid (fat)	g	0.2		0.4		1.1	
Carbohydrate, total	g	4.4		8.5		20.1	
Crude fiber	g						
Ash	g	0.9		1.7		3.9	
MINERALS:							
Calcium ³	mg	47		90		212	
Iron	mg	0.39		0.75		1.77	
Magnesium	mg	17		33		78	
Phosphorus ³	mg	70		134		316	
Potassium	mg	211		405		956	
Sodium ⁴	mg	90		173		409	
Zinc	mg	0.29		0.56		1.32	
Copper	mg	0.063		0.121		0.286	
Manganese	mg	0.052		0.100		0.236	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0		0.0	
Thiamin	mg	0.021		0.040		0.095	
Riboflavin	mg	0.109		0.209		0.494	
Niacin	mg	0.085		0.163		0.386	
Pantothenic acid	mg	0.298		0.572		1.352	
Vitamin B ₆	mg	0.025		0.048		0.113	
Folacin	mcg	1.2		2.2		5.2	
Vitamin B ₁₂	mcg						
Vitamin A ⁵	{ RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.139		0.267		0.631	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0.000		0.000	
14:0	g	0.000		0.000		0.000	
16:0	g	0.059		0.113		0.268	
18:0	g	0.077		0.148		0.349	
Monounsaturated, total	g	0.076		0.146		0.345	
16:1	g	0.001		0.002		0.005	
18:1	g	0.076		0.146		0.345	
20:1	g	0.000		0.000		0.000	
22:1	g						
Polyunsaturated, total	g	0.007		0.013		0.032	
18:2	g	0.007		0.013		0.032	
18:3	g	0.000		0.000		0.000	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹6 fl oz water + 0.53 oz pkt.

²Value for product without added calcium.

Product with added calcium contains 114 mg per 100 g.

³Value for product without added phosphorus.

Product with added phosphorus contains 127 mg per 100 g.

⁴Value for product with sodium caseinate.

Product without added sodium caseinate contains 54 mg per 100 g.

⁵Value for product with added vitamin A is 125 IU per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 6 fl oz = 188 g	1 c = 250 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	81.62		153.44	204.05	370.23
Food energy	kcal	87		164	218	396
	kJ	365		686	913	1,657
Protein (N X 6.38)	g	3.64		6.84	9.10	16.51
Total lipid (fat)	g	3.62		6.81	9.05	16.42
Carbohydrate, total	g	10.31		19.38	25.78	46.77
Crude fiber	g08		.15	.20	.36
Ash	g81		1.52	2.02	3.67
MINERALS:						
Calcium	mg	119		224	298	541
Iron	mg31		.58	.78	1.41
Magnesium	mg	22		41	56	101
Phosphorus	mg	108		203	270	490
Potassium	mg	192		361	480	870
Sodium	mg	49		92	123	223
Zinc	mg49		.92	1.22	2.22
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg96		1.80	2.40	4.36
Thiamin	mg041		.077	.102	.186
Riboflavin	mg174		.327	.435	.789
Niacin	mg146		.274	.365	.662
Pantothenic acid	mg323		.607	.808	1.465
Vitamin B ₆	mg043		.081	.107	.195
Folacin	mcg	5		9	12	22
Vitamin B ₁₂	mcg348		.654	.870	1.579
Vitamin A	(RE)	34		64	85	154
	(IU)	127		239	318	576
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.24		4.21	5.61	10.18
4:0	g11		.21	.26	.48
6:0	g06		.11	.16	.28
8:0	g04		.08	.09	.16
10:0	g08		.15	.20	.37
12:0	g09		.17	.23	.42
14:0	g33		.62	.82	1.49
16:0	g95		1.79	2.37	4.30
18:0	g52		.98	1.29	2.34
Monounsaturated, total	g	1.06		1.99	2.65	4.81
16:1	g07		.13	.18	.34
18:1	g94		1.77	2.34	4.25
20:1	g					
22:1	g					
Polyunsaturated, total	g13		.24	.33	.60
18:2	g08		.15	.21	.38
18:3	g05		.09	.12	.22
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	13		24	33	60
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g051		.096	.128	.233
Threonine	g164		.308	.411	.745
Isoleucine	g220		.414	.551	.999
Leucine	g357		.671	.891	1.617
Lysine	g289		.543	.722	1.309
Methionine	g091		.171	.228	.414
Cystine	g034		.064	.084	.153
Phenylalanine	g176		.331	.439	.797
Tyrosine	g176		.331	.439	.797
Valine	g244		.459	.609	1.105
Arginine	g132		.248	.329	.598
Histidine	g099		.186	.247	.448
Alanine	g126		.237	.314	.569
Aspartic acid	g276		.519	.690	1.253
Glutamic acid	g762		1.433	1.906	3.457
Glycine	g077		.145	.193	.349
Proline	g353		.664	.881	1.599
Serine	g198		.372	.495	.898

¹ Recipe: milk, 93.0%; sugar, 5.0%; high-fat plain cocoa, 2.7%. Loss of 8% applied for evaporation in cooking.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 29.6 g	6 fl oz = 177 g	
A	B	C	D	E	F	G
PROXIMATE:¹						
Water	g . . .	99.3	0.066	2	29.4 1 3	175.7 4 18
Food energy	kcal . . .	2				11 47
Food energy	kJ . . .	10				
Protein	g . . .	0.1			0.0	0.1 0.4
Total lipid (fat)	g . . .	0.0			0.0	0.0
Carbohydrate, total	g . . .	0.4			0.1	0.8 1.9
Crude fiber	g . . .					
Ash	g . . .	0.1			0.0	0.2 0.4
MINERALS:²						
Calcium	mg . . .	2		7	1	3 8
Iron	mg . . .	0.41		6	0.12	0.72 1.86
Magnesium	mg . . .	5		7	2	10 24
Phosphorus	mg . . .	1		5	0	2 6
Potassium	mg . . .	54		7	16	96 246
Sodium	mg . . .	2		7	1	4 11
Zinc	mg . . .	0.02	0.001	17	0.00	0.03 0.07
Copper	mg . . .	0.007		7	0.002	0.012 0.032
Manganese	mg . . .	0.027		3	0.008	0.048 0.122
VITAMINS:						
Ascorbic acid	mg . . .	0.0		1	0.0	0.0 0.0
Thiamin	mg . . .	0.000		1	0.000	0.000 0.000
Riboflavin	mg . . .	0.000		1	0.000	0.000 0.000
Niacin	mg . . .	0.222	0.010	7	0.066	0.393 1.007
Pantothenic acid	mg . . .					
Vitamin B ₆	mg . . .	0.000		1	0.000	0.000 0.000
Folic acid	mcg . . .	0.1	0.012	7	0.0	0.3 0.7
Vitamin B ₁₂	mcg . . .	0.00		1	0.00	0.00 0.00
Vitamin A	{RE. IU . . .					
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	0.002			0.001	0.004 0.009
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .					
12:0	g . . .					
14:0	g . . .					
16:0	g . . .	0.001			0.000	0.002 0.005
18:0	g . . .	0.000			0.000	0.000 0.000
Monounsaturated, total	g . . .	0.000			0.000	0.000 0.000
16:1	g . . .					
18:1	g . . .	0.000			0.000	0.000 0.000
20:1	g . . .	0.000			0.000	0.000 0.000
22:1	g . . .					
Polyunsaturated, total	g . . .	0.002			0.001	0.004 0.009
18:2	g . . .	0.002			0.001	0.004 0.009
18:3	g . . .	0.000			0.000	0.000 0.000
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	0			0	0 0
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.000			0.000	0.000 0.000
Threonine	g . . .	0.001			0.000	0.002 0.005
Isoleucine	g . . .	0.002			0.001	0.004 0.009
Leucine	g . . .	0.005			0.001	0.009 0.023
Lysine	g . . .	0.001			0.000	0.002 0.005
Methionine	g . . .	0.000			0.000	0.000 0.000
Cystine	g . . .	0.002			0.001	0.004 0.009
Phenylalanine	g . . .	0.003			0.001	0.005 0.014
Tyrosine	g . . .	0.002			0.001	0.004 0.009
Valine	g . . .	0.003			0.001	0.005 0.014
Arginine	g . . .	0.001			0.000	0.002 0.005
Histidine	g . . .	0.002			0.001	0.004 0.009
Alanine	g . . .	0.003			0.001	0.005 0.014
Aspartic acid	g . . .	0.005			0.001	0.009 0.023
Glutamic acid	g . . .	0.020			0.006	0.035 0.091
Glycine	g . . .	0.004			0.001	0.007 0.018
Proline	g . . .	0.004			0.001	0.007 0.018
Serine	g . . .	0.001			0.000	0.002 0.005

¹Caffeine = 58 mg per 100 g.

²Values presented include minerals in tap water. Mineral values reported for beverage prepared with distilled water are calcium 2 mg, iron 0.08 mg, magnesium 6 mg, phosphorus 1 mg, potassium 69 mg, sodium 1 mg, zinc 0.01 mg, and copper 0.012 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Approximate measure and weight 1 rounded tsp = 1.8 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:¹						
Water	g	3.1		11	0.1	14.3
Food energy	{ kcal	241			4	1,091
	kJ	1,006			18	4,565
Protein ²	g	12.2		10	0.2	55.2
Total lipid (fat)	g	0.5		8	0.0	2.1
Carbohydrate, total ³	g	41.1		5	0.7	186.3
Crude fiber	g					
Ash	g	8.8		10	0.2	39.9
MINERALS:						
Calcium	mg	141		28	3	641
Iron	mg	4.41		18	0.08	20.00
Magnesium	mg	327		23	6	1,484
Phosphorus	mg	303		28	5	1,374
Potassium	mg	3,535		32	64	16,033
Sodium	mg	37		32	1	170
Zinc	mg	0.35		12	0.01	1.57
Copper	mg	0.139		12	0.003	0.631
Manganese	mg	1.712	0.244	24	0.031	7.766
VITAMINS:						
Ascorbic acid	mg	0.0			0.0	0.0
Thiamin ⁴	mg	0.008	0.005	3	0.000	0.036
Riboflavin ⁵	mg	0.074	0.012	3	0.001	0.336
Niacin	mg	28.173		10	0.507	127.793
Pantothenic acid	mg	0.097	0.031	3	0.002	0.440
Vitamin B ₆	mg	0.029	0.002	3	0.001	0.132
Folacin	mcg	0.0			0.0	0.0
Vitamin B ₁₂	mcg	0			0	0
Vitamin A	{ RE	0			0	0
	{ IU	0			0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.197			0.004	0.894
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.146			0.003	0.662
18:0	g	0.035			0.001	0.159
Monounsaturated, total	g	0.041			0.001	0.186
16:1	g					
18:1	g	0.040			0.001	0.181
20:1	g	0.001			0.000	0.005
22:1	g					
Polyunsaturated, total	g	0.196			0.004	0.889
18:2	g	0.180			0.003	0.816
18:3	g	0.015			0.000	0.068
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0			0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.030			0.001	0.136
Threonine	g	0.142			0.003	0.644
Isoleucine	g	0.172			0.003	0.780
Leucine	g	0.478			0.009	2.168
Lysine	g	0.096			0.002	0.435
Methionine	g	0.023			0.000	0.104
Cystine	g	0.202			0.004	0.916
Phenylalanine	g	0.262			0.005	1.188
Tyrosine	g	0.165			0.003	0.748
Valine	g	0.276			0.005	1.252
Arginine	g	0.053			0.001	0.240
Histidine	g	0.165			0.003	0.748
Alanine	g	0.335			0.006	1.520
Aspartic acid	g	0.478			0.009	2.168
Glutamic acid	g	2.030			0.037	9.208
Glycine	g	0.441			0.008	2.000
Proline	g	0.351			0.006	1.592
Serine	g	0.126			0.002	0.572

¹Caffeine = 3,142 mg per 100 g.

²Adjusted protein is [N - (g of caffeine per 100 g x 0.289)] x 5.3. Unadjusted protein (N x 6.25) = 20.0 g per 100 g.

³Available carbohydrate.

⁴Soluble fiber determined as pectin = 2.0 g per 100 g.

⁵Determined by high-pressure liquid chromatography.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: ^U	G
A	B	C	D	E	F	G
PROXIMATE: ²						
Water	g	99.0		177.2		448.9
Food energy	{ kcal	2		4		11
	{ kJ	10		18		46
Protein	g	0.1		0.2		0.6
Total lipid (fat)	g	0.0		0.0		0.0
Carbohydrate, total	g	0.4		0.7		1.9
Crude fiber	g					
Ash	g	0.1		0.3		0.6
MINERALS:						
Calcium	mg	3		6		16
Iron	mg	0.05		0.09		0.22
Magnesium	mg	4		8		19
Phosphorus	mg	3		6		14
Potassium	mg	36		64		162
Sodium	mg	3		6		15
Zinc	mg	0.03		0.05		0.13
Copper	mg	0.007		0.013		0.032
Manganese	mg	0.018		0.032		0.082
VITAMINS:						
Ascorbic acid	mg	0.0		0.0		0.0
Thiamin	mg	0.000		0.000		0.000
Riboflavin	mg	0.001		0.002		0.005
Niacin	mg	0.283		0.507		1.284
Pantothenic acid	mg	0.001		0.002		0.005
Vitamin B ₆	mg	0.000		0.000		0.000
Folacin	mcg	0.0		0.0		0.0
Vitamin B ₁₂	mcg	0		0		0
Vitamin A	{ RE	0		0		0
	{ IU	0		0		0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.002		0.004		0.009
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.001		0.002		0.005
18:0	g	0.000		0.000		0.000
Monounsaturated, total	g	0.000		0.000		0.000
16:1	g					
18:1	g	0.000		0.000		0.000
20:1	g	0.000		0.000		0.000
22:1	g					
Polyunsaturated, total	g	0.002		0.004		0.009
18:2	g	0.002		0.004		0.009
18:3	g	0.000		0.000		0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0		0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000		0.000		0.000
Threonine	g	0.001		0.002		0.005
Isoleucine	g	0.002		0.004		0.009
Leucine	g	0.005		0.009		0.023
Lysine	g	0.001		0.002		0.005
Methionine	g	0.000		0.000		0.000
Cystine	g	0.002		0.004		0.009
Phenylalanine	g	0.003		0.005		0.014
Tyrosine	g	0.002		0.004		0.009
Valine	g	0.003		0.005		0.014
Arginine	g	0.001		0.002		0.005
Histidine	g	0.002		0.004		0.009
Alanine	g	0.003		0.005		0.014
Aspartic acid	g	0.005		0.009		0.023
Glutamic acid	g	0.020		0.036		0.091
Glycine	g	0.004		0.007		0.018
Proline	g	0.004		0.007		0.018
Serine	g	0.001		0.002		0.005

¹ 6 fl oz water + 1 rounded tsp powder.

² Caffeine = 32 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: U	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				E	F		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	3.2	6	0.1		14.4	
Food energy	kcal	224		4		1,015	
Food energy	kj	936		17		4,246	
Protein ²	g	11.6	10	0.2		52.7	
Total lipid (fat)	g	0.2	4	0.0		1.1	
Carbohydrate, total ³	g	42.6	5	0.8		193.3	
Crude fiber	g					40.6	
Ash	g	9.0	6	0.2			
MINERALS:							
Calcium	mg	140	27	3		637	
Iron	mg	3.80	14	0.07		17.25	
Magnesium	mg	311	23	6		1,411	
Phosphorus	mg	286	26	5		1,298	
Potassium	mg	3,501	29	63		15,881	
Sodium	mg	23	29	0		103	
Zinc	mg	0.11	0.139	4	0.00	0.50	
Copper	mg	0.069	0.037	8	0.001	0.313	
Manganese	mg	1.222	0.299	8	0.022	5.543	
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	
Thiamin	mg	0.008		0.000		0.036	
Riboflavin	mg	1.360	0.030	2	0.024	6.169	
Niacin	mg	28.075	6	0.505		127.348	
Pantothenic acid	mg	0.097		0.002		0.440	
Vitamin B ₆	mg	0.029		0.001		0.132	
Folacin	mcg	0.0		0.0		0.0	
Vitamin B ₁₂	mcg	0		0		0	
Vitamin A	{RE.	0		0		0	
Vitamin A	{IU.	0		0		0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.101		0.002		0.458	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.075		0.001		0.340	
18:0	g	0.018		0.000		0.082	
Monounsaturated, total	g	0.021		0.000		0.095	
16:1	g						
18:1	g	0.021		0.000		0.095	
20:1	g	0.000		0.000		0.000	
22:1	g						
Polyunsaturated, total	g	0.101		0.002		0.458	
18:2	g	0.093		0.002		0.422	
18:3	g	0.008		0.000		0.036	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0		0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.028		0.001		0.127	
Threonine	g	0.136		0.002		0.617	
Isoleucine	g	0.164		0.003		0.744	
Leucine	g	0.456		0.008		2.068	
Lysine	g	0.092		0.002		0.417	
Methionine	g	0.022		0.000		0.100	
Cystine	g	0.193		0.003		0.875	
Phenylalanine	g	0.250		0.005		1.134	
Tyrosine	g	0.158		0.003		0.717	
Valine	g	0.263		0.005		1.193	
Arginine	g	0.050		0.001		0.227	
Histidine	g	0.158		0.003		0.717	
Alanine	g	0.320		0.006		1.452	
Aspartic acid	g	0.456		0.008		2.068	
Glutamic acid	g	1.937		0.035		8.786	
Glycine	g	0.421		0.008		1.910	
Proline	g	0.335		0.006		1.520	
Serine	g	0.121		0.002		0.549	

¹Caffeine = 122 mg per 100 g.

³ Available carbohydrate.

²Adjusted protein is [N - (g of caffeine per 100 g x 0.289)] x 5.3. Unadjusted protein (N x 6.25) = 13.9 g per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	179 g ¹	
A	B	C	D	E	F	G
PROXIMATE:²						
Water	g . . .	99.0		177.2		448.9
Food energy	{ kcal . . .	2		4		10
	kJ . . .	9		17		43
Protein	g . . .	0.1		0.2		0.5
Total lipid (fat)	g . . .	0.0		0.0		0.0
Carbohydrate, total	g . . .	0.4		0.8		1.9
Crude fiber	g . . .					
Ash	g . . .	0.1		0.3		0.6
MINERALS:						
Calcium	mg . . .	3		6		16
Iron	mg . . .	0.04		0.08		0.20
Magnesium	mg . . .	4		7		18
Phosphorus	mg . . .	3		5		13
Potassium	mg . . .	35		63		161
Sodium	mg . . .	3		6		14
Zinc	mg . . .	0.03		0.05		0.12
Copper	mg . . .	0.007		0.013		0.032
Manganese	mg . . .	0.013		0.023		0.059
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0		0.0
Thiamin	mg . . .	0.000		0.000		0.000
Riboflavin	mg . . .	0.014		0.025		0.064
Niacin	mg . . .	0.282		0.505		1.279
Pantothenic acid	mg . . .	0.001		0.002		0.005
Vitamin B ₆	mg . . .	0.000		0.000		0.000
Folacin	mcg . . .	0.0		0.0		0.0
Vitamin B ₁₂	mcg . . .	0		0		0
Vitamin A	{ RE . . .	0		0		0
	IU . . .	0		0		0
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	0.001		0.002		0.005
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .					
12:0	g . . .					
14:0	g . . .					
16:0	g . . .	0.001		0.002		0.005
18:0	g . . .	0.000		0.000		0.000
Monounsaturated, total	g . . .	0.000		0.000		0.000
16:1	g . . .					
18:1	g . . .	0.000		0.000		0.000
20:1	g . . .	0.000		0.000		0.000
22:1	g . . .					
Polyunsaturated, total	g . . .	0.001		0.002		0.005
18:2	g . . .	0.001		0.002		0.005
18:3	g . . .	0.000		0.000		0.000
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	0		0		0
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.000		0.000		0.000
Threonine	g . . .	0.001		0.002		0.005
Isoleucine	g . . .	0.002		0.004		0.009
Leucine	g . . .	0.005		0.009		0.023
Lysine	g . . .	0.001		0.002		0.005
Methionine	g . . .	0.000		0.000		0.000
Cystine	g . . .	0.002		0.004		0.009
Phenylalanine	g . . .	0.003		0.005		0.014
Tyrosine	g . . .	0.002		0.004		0.009
Valine	g . . .	0.003		0.005		0.014
Arginine	g . . .	0.001		0.002		0.005
Histidine	g . . .	0.002		0.004		0.009
Alanine	g . . .	0.003		0.005		0.014
Aspartic acid	g . . .	0.005		0.009		0.023
Glutamic acid	g . . .	0.019		0.034		0.086
Glycine	g . . .	0.004		0.007		0.018
Proline	g . . .	0.003		0.005		0.014
Serine	g . . .	0.001		0.002		0.005

¹6 fl oz water + 1 rounded tsp powder.

²Caffeine = 1 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food 1 rounded tsp = 1.8 g	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: ^U	G
A	B	C	D	E	F	G
PROXIMATE: ¹						
Water	g	4.1	0.233	3	0.1	18.4
Food energy	{ kcal	351			6	1,591
	kJ	1,468			26	6,657
Protein ²	g	9.3			0.2	42.0
Total lipid (fat)	g	0.2	0.033	3	0.0	0.8
Carbohydrate, total	g	74.2			1.3	336.7
Crude fiber	g	0.1	0.017	3	0.0	0.3
Ash	g	7.5	0.185	3	0.1	33.9
MINERALS:						
Calcium	mg	103	2.815	3	2	469
Iron	mg	4.76	0.629	3	0.09	21.58
Magnesium	mg	213	8.505	3	4	966
Phosphorus	mg	271	7.024	3	5	1,229
Potassium	mg	3,395	99.081	3	61	15,400
Sodium	mg	277	20.883	3	5	1,258
Zinc	mg	0.37	0.013	3	0.01	1.66
Copper	mg	0.050	0.025	3	0.001	0.227
Manganese	mg	1.200	0.058	3	0.022	5.443
VITAMINS:						
Ascorbic acid	mg				0.000	0.000
Thiamin	mg		0.000		0.000	0.000
Riboflavin	mg		0.290	0.000	0.005	1.315
Niacin	mg		21.667	0.913	0.390	98.282
Pantothenic acid	mg				0	0
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg		0		0	0
Vitamin A	{ RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.071			0.001	0.322
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g		0.052		0.001	0.236
18:0	g		0.012		0.000	0.054
Monounsaturated, total	g		0.015		0.000	0.068
16:1	g					
18:1	g		0.014		0.000	0.064
20:1	g		0.000		0.000	0.000
22:1	g					
Polyunsaturated, total	g		0.070		0.001	0.318
18:2	g		0.065		0.001	0.295
18:3	g		0.005		0.000	0.023
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0			0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.022			0.000	0.100
Threonine	g	0.103			0.002	0.467
Isoleucine	g	0.124			0.002	0.562
Leucine	g	0.344			0.006	1.560
Lysine	g	0.069			0.001	0.313
Methionine	g	0.017			0.000	0.077
Cystine	g	0.146			0.003	0.662
Phenylalanine	g	0.189			0.003	0.857
Tyrosine	g	0.119			0.002	0.540
Valine	g	0.198			0.004	0.898
Arginine	g	0.038			0.001	0.172
Histidine	g	0.119			0.002	0.540
Alanine	g	0.241			0.004	1.093
Aspartic acid	g	0.344			0.006	1.560
Glutamic acid	g	1.462			0.026	6.632
Glycine	g	0.318			0.006	1.442
Proline	g	0.253			0.005	1.148
Serine	g	0.091			0.002	0.413

¹Caffeine = 2,063 mg per 100 g.

²Adjusted protein is [N - (g of caffeine

per 100 g x 0.289)] x 5.6. Unadjusted protein (N x 6.25) = 14.1 g per 100 g.

³Carbohydrate by difference.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight	Amount in edible portion of 1 pound of food as purchased		
	Mean	Standard error	Number of samples		Refuse: 0		
					179 g ¹	F	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	99.0		177.2		449.0	
Food energy	{ kcal	4		6		16	
	kj	15		26		67	
Protein	g	0.1		0.2		0.4	
Total lipid (fat)	g	0.0		0.0		0.0	
Carbohydrate, total	g	0.7		1.3		3.4	
Crude fiber	g	0.0		0.0		0.0	
Ash	g	0.1		0.2		0.6	
MINERALS:							
Calcium	mg	3		6		14	
Iron	mg	0.05		0.09		0.24	
Magnesium	mg	3		6		14	
Phosphorus	mg	3		5		13	
Potassium	mg	34		61		156	
Sodium	mg	6		10		26	
Zinc	mg	0.03		0.05		0.13	
Copper	mg	0.007		0.013		0.032	
Manganese	mg	0.013		0.023		0.059	
VITAMINS:							
Ascorbic acid	mg					0.000	
Thiamin	mg	0.000		0.000		0.000	
Riboflavin	mg	0.003		0.005		0.014	
Niacin	mg	0.218		0.390		0.989	
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg	0		0		0	
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.001		0.002		0.005	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.001		0.002		0.005	
18:0	g	0.000		0.000		0.000	
Monounsaturated, total	g	0.000		0.000		0.000	
16:1	g						
18:1	g	0.000		0.000		0.000	
20:1	g	0.000		0.000		0.000	
22:1	g						
Polyunsaturated, total	g	0.001		0.002		0.005	
18:2	g	0.001		0.002		0.005	
18:3	g	0.000		0.000		0.000	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0		0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000		0.000	
Threonine	g	0.001		0.002		0.005	
Isoleucine	g	0.001		0.002		0.005	
Leucine	g	0.003		0.005		0.014	
Lysine	g	0.001		0.002		0.005	
Methionine	g	0.000		0.000		0.000	
Cystine	g	0.001		0.002		0.005	
Phenylalanine	g	0.002		0.004		0.009	
Tyrosine	g	0.001		0.002		0.005	
Valine	g	0.002		0.004		0.009	
Arginine	g	0.000		0.000		0.000	
Histidine	g	0.001		0.002		0.005	
Alanine	g	0.002		0.004		0.009	
Aspartic acid	g	0.003		0.005		0.014	
Glutamic acid	g	0.015		0.027		0.068	
Glycine	g	0.003		0.005		0.014	
Proline	g	0.003		0.005		0.014	
Serine	g	0.001		0.002		0.005	

¹ 6 fl oz water + 1 rounded tsp powder.

² Caffeine = 21 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	2 rounded tsp = 14.2 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	1.3	6	0.2		6.1
Food energy	{ kcal	437		62		1,982
	kJ	1,829		260		8,294
Protein ¹	g	3.1	6	0.4		13.9
Total lipid (fat)	g	14.9	6	2.1		67.5
Carbohydrate, total	g	75.4		10.7		342.1
Crude fiber ²	g					
Ash	g	4.1	6	0.6		18.5
MINERALS:						
Calcium	mg	26	6	4		120
Iron	mg	1.02	1	0.14		4.63
Magnesium	mg	52	1	7		234
Phosphorus ³	mg	183	6	26		830
Potassium ³	mg	831	6	118		3,769
Sodium ³	mg	692	6	98		3,137
Zinc	mg	0.25	1	0.04		1.13
Copper	mg	0.110	1	0.016		0.499
Manganese	mg	0.200	1	0.028		0.907
VITAMINS:						
Ascorbic acid	mg	0.0		0.0		0.0
Thiamin	mg	0.111	1	0.016		0.503
Riboflavin ⁴	mg	0.037	1	0.005		0.168
Niacin	mg	2.262	6	0.321		10.260
Pantothenic acid	mg	0.073	1	0.010		0.331
Vitamin B ₆	mg	0.000		0.000		0.000
Folacin	mcg	0.0		0.0		0.0
Vitamin B ₁₂	mcg	0		0		0
Vitamin A	{ RE	0		0		0
	{ IU	0		0		0
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.862		1.826		58.342
4:0	g					
6:0	g	0.085		0.012		0.386
8:0	g	1.115		0.158		5.058
10:0	g	0.899		0.128		4.078
12:0	g	6.637		0.942		30.105
14:0	g	2.496		0.354		11.322
16:0	g	1.217		0.173		5.520
18:0	g	0.413		0.059		1.873
Monounsaturated, total	g	0.866		0.123		3.928
16:1	g					
18:1	g	0.866		0.123		3.928
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.269		0.038		1.220
18:2	g	0.269		0.038		1.220
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.007		0.001		0.032
Threonine	g	0.033		0.005		0.150
Isoleucine	g	0.040		0.006		0.181
Leucine	g	0.110		0.016		0.499
Lysine	g	0.022		0.003		0.100
Methionine	g	0.005		0.001		0.023
Cystine	g	0.047		0.007		0.213
Phenylalanine	g	0.060		0.009		0.272
Tyrosine	g	0.038		0.005		0.172
Valine	g	0.064		0.009		0.290
Arginine	g	0.012		0.002		0.054
Histidine	g	0.038		0.005		0.172
Alanine	g	0.077		0.011		0.349
Aspartic acid	g	0.110		0.016		0.499
Glutamic acid	g	0.469		0.067		2.127
Glycine	g	0.102		0.014		0.463
Proline	g	0.081		0.012		0.367
Serine	g	0.029		0.004		0.132

¹Adjusted protein is [N - (g of caffeine per 100 g x 0.289)] x 5.8. Unadjusted protein (N x 6.3) = 4.3 g per 100 g.

²Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.2 g per 100 g.

³Source added.

⁴Determined by high-pressure liquid chromatography.

NONALCOHOLIC
Coffee, instant, sugar sweetened, cappuccino flavor, powder
prepared with water

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				192 g ¹	F		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	92.6		177.9		420.2	
	{ kcal	32		62		147	
Food energy	{ kJ	136		260		615	
Protein	g	0.2		0.4		1.0	
Total lipid (fat)	g	1.1		2.1		5.0	
Carbohydrate, total	g	5.6		10.7		25.3	
Crude fiber	g						
Ash	g	0.4		0.7		1.6	
MINERALS:							
Calcium	mg	4		7		18	
Iron	mg	0.08		0.15		0.36	
Magnesium	mg	5		9		21	
Phosphorus ²	mg	14		26		62	
Potassium ²	mg	62		119		280	
Sodium ²	mg	54		104		245	
Zinc	mg	0.04		0.08		0.19	
Copper	mg	0.014		0.027		0.064	
Manganese	mg	0.015		0.029		0.068	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0		0.0	
Thiamin	mg	0.008		0.015		0.036	
Riboflavin	mg	0.003		0.006		0.014	
Niacin	mg	0.168		0.322		0.762	
Pantothenic acid	mg	0.005		0.010		0.023	
Vitamin B ₆	mg	0.000		0.000		0.000	
Folacin	mcg	0.0		0.0		0.0	
Vitamin B ₁₂	mcg	0		0		0	
Vitamin A	{ RE	0		0		0	
	{ IU	0		0		0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.953		1.830		4.323	
4:0	g					0.027	
6:0	g	0.006		0.012		0.376	
8:0	g	0.083		0.159		0.304	
10:0	g	0.067		0.129		0.232	
12:0	g	0.492		0.945		0.839	
14:0	g	0.185		0.355		0.408	
16:0	g	0.090		0.173		0.141	
18:0	g	0.031		0.060		0.290	
Monounsaturated, total	g	0.064		0.123		0.091	
16:1	g					0.290	
18:1	g	0.064		0.123		0.020	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.020		0.038		0.091	
18:2	g	0.020		0.038		0.091	
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.001		0.002		0.005	
Threonine	g	0.002		0.004		0.009	
Isoleucine	g	0.003		0.006		0.014	
Leucine	g	0.008		0.015		0.036	
Lysine	g	0.002		0.004		0.009	
Methionine	g	0.000		0.000		0.000	
Cystine	g	0.003		0.006		0.014	
Phenylalanine	g	0.004		0.008		0.018	
Tyrosine	g	0.003		0.006		0.014	
Valine	g	0.005		0.010		0.023	
Arginine	g	0.001		0.002		0.005	
Histidine	g	0.003		0.006		0.014	
Alanine	g	0.006		0.012		0.027	
Aspartic acid	g	0.008		0.015		0.036	
Glutamic acid	g	0.035		0.067		0.159	
Glycine	g	0.008		0.015		0.036	
Proline	g	0.006		0.012		0.027	
Serine	g	0.002		0.004		0.009	

¹6 fl oz water + 2 rounded tsp powder.²Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	2 rounded tsp = 11.5 g	F	
A	B	C	D	E	G	
PROXIMATE:						
Water	g . . .	2.4	0.041	5	0.3	11.0
Food energy	{ kcal . . .	499		57		2,263
	{ kj . . .	2,088		240		9,470
Protein ¹	g . . .	4.5		0.5		20.3
Total lipid (fat)	g . . .	29.6	1.206	5	3.4	134.4
Carbohydrate, total	g . . .	57.5		6.6		260.9
Crude fiber	g . . .					
Ash	g . . .	4.8	0.097	5	0.5	21.6
MINERALS:						
Calcium	mg . . .	36	2.449	5	4	163
Iron	mg . . .					
Magnesium	mg . . .					
Phosphorus ²	mg . . .	354	9.273	5	41	1,606
Potassium ²	mg . . .	1,184	61.693	5	136	5,371
Sodium ²	mg . . .					
Zinc	mg . . .					
Copper	mg . . .					
Manganese	mg . . .					
VITAMINS:						
Ascorbic acid	mg . . .					
Thiamin	mg . . .					
Riboflavin	mg . . .					
Niacin	mg . . .	5.859	0.197	7	0.674	26.576
Pantothenic acid	mg . . .					
Vitamin B ₆	mg . . .					
Folacin	mcg . . .					
Vitamin B ₁₂	mcg . . .					
Vitamin A	{ RE . . .					
	{ IU . . .					
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	25.611		2.945		116.171
4:0	g . . .					
6:0	g . . .	0.170		0.020		0.771
8:0	g . . .	2.220		0.255		10.070
10:0	g . . .	1.789		0.206		8.115
12:0	g . . .	13.217		1.520		59.952
14:0	g . . .	4.969		0.571		22.539
16:0	g . . .	2.423		0.279		10.991
18:0	g . . .	0.823		0.095		3.733
Monounsaturated, total	g . . .	1.724		0.198		7.820
16:1	g . . .					
18:1	g . . .	1.724		0.198		7.820
20:1	g . . .					
22:1	g . . .					
Polyunsaturated, total	g . . .	0.536		0.062		2.431
18:2	g . . .	0.536		0.062		2.431
18:3	g . . .					
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .					
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.010		0.001		0.045
Threonine	g . . .	0.048		0.006		0.218
Isoleucine	g . . .	0.058		0.007		0.263
Leucine	g . . .	0.161		0.019		0.730
Lysine	g . . .	0.032		0.004		0.145
Methionine	g . . .	0.008		0.001		0.036
Cystine	g . . .	0.068		0.008		0.308
Phenylalanine	g . . .	0.088		0.010		0.399
Tyrosine	g . . .	0.056		0.006		0.254
Valine	g . . .	0.093		0.011		0.422
Arginine	g . . .	0.018		0.002		0.082
Histidine	g . . .	0.056		0.006		0.254
Alanine	g . . .	0.113		0.013		0.513
Aspartic acid	g . . .	0.161		0.019		0.730
Glutamic acid	g . . .	0.683		0.079		3.098
Glycine	g . . .	0.148		0.017		0.671
Proline	g . . .	0.118		0.014		0.535
Serine	g . . .	0.043		0.005		0.195

¹ Adjusted protein is [N - (g of caffeine per 100 g x 0.289)] x 5.8. Unadjusted protein (N x 6.3) = 5.7 g per 100 g.

² Source added.

NONALCOHOLIC
Coffee, instant, sugar sweetened, French flavor, powder
prepared with water

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	189 g ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	94.0		177.7		426.4
Food energy	{ kcal . . .	30		57		138
	{ kJ . . .	127		240		576
Protein	g . . .	0.3		0.5		1.2
Total lipid (fat)	g . . .	1.8		3.4		8.2
Carbohydrate, total	g . . .	3.5		6.6		15.9
Crude fiber	g . . .					
Ash	g . . .	0.3		0.6		1.5
MINERALS:						
Calcium	mg . . .	4		8		19
Iron ²	mg . . .	0.01		0.01		0.02
Magnesium ²	mg . . .	1		2		4
Phosphorus ³	mg . . .	22		41		98
Potassium ³	mg . . .	72		137		328
Sodium ³	mg . . .					
Zinc ²	mg . . .	0.02		0.05		0.11
Copper ²	mg . . .	0.006		0.011		0.027
Manganese ²	mg . . .	0.000		0.000		0.000
VITAMINS:						
Ascorbic acid	mg . . .					
Thiamin	mg . . .					
Riboflavin	mg . . .					
Niacin	mg . . .	0.357		0.675		1.619
Pantothenic acid	mg . . .					
Vitamin B ₆	mg . . .					
Folacin	mcg . . .					
Vitamin B ₁₂	mcg . . .					
Vitamin A	{ RE . . .					
	{ IU . . .					
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	1.559		2.947		7.072
4:0	g . . .					
6:0	g . . .	0.010		0.019		0.045
8:0	g . . .	0.135		0.255		0.612
10:0	g . . .	0.109		0.206		0.494
12:0	g . . .	0.805		1.521		3.651
14:0	g . . .	0.302		0.571		1.370
16:0	g . . .	0.147		0.278		0.667
18:0	g . . .	0.050		0.095		0.227
Monounsaturated, total	g . . .	0.105		0.198		0.476
16:1	g . . .					
18:1	g . . .	0.105		0.198		0.476
20:1	g . . .					
22:1	g . . .					
Polyunsaturated, total	g . . .	0.033		0.062		0.150
18:2	g . . .	0.033		0.062		0.150
18:3	g . . .					
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .					
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.001		0.002		0.005
Threonine	g . . .	0.003		0.006		0.014
Isoleucine	g . . .	0.004		0.008		0.018
Leucine	g . . .	0.010		0.019		0.045
Lysine	g . . .	0.002		0.004		0.009
Methionine	g . . .	0.000		0.000		0.000
Cystine	g . . .	0.004		0.008		0.018
Phenylalanine	g . . .	0.005		0.009		0.023
Tyrosine	g . . .	0.003		0.006		0.014
Valine	g . . .	0.006		0.011		0.027
Arginine	g . . .	0.001		0.002		0.005
Histidine	g . . .	0.003		0.006		0.014
Alanine	g . . .	0.007		0.013		0.032
Aspartic acid	g . . .	0.010		0.019		0.045
Glutamic acid	g . . .	0.042		0.079		0.191
Glycine	g . . .	0.009		0.017		0.041
Proline	g . . .	0.007		0.013		0.032
Serine	g . . .	0.003		0.006		0.014

¹6 fl oz water + 2 rounded tsp powder.²Value for contribution from water only.³Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight 2 rounded tsp = 11.5 g	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: 0	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	1.7	12	0.2	7.9	
Food energy	{ kcal	441		51	2,002	
	kJ	1,847		212	8,377	
Protein ¹	g	4.2	12	0.5	18.9	
Total lipid (fat) ²	g	16.3	12	1.9	73.8	
Carbohydrate, total	g	73.4		8.4	332.8	
Crude fiber ^{3,4}	g					
Ash	g	3.1	12	0.4	14.2	
MINERALS:						
Calcium ⁵	mg	32	11	4	145	
Iron	mg	2.03	5	0.23	9.21	
Magnesium ⁶	mg	67.5	2	8	306	
Phosphorus ⁶	mg	251	9	29	1,140	
Potassium ⁶	mg	1,033	9	119	4,687	
Sodium ⁷	mg	267	1	31	1,211	
Zinc	mg	0.96	2	0.11	4.33	
Copper	mg	0.435	2	0.050	1.973	
Manganese	mg	0.445	2	0.051	2.018	
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	
Thiamin	mg	0.031	5	0.004	0.141	
Riboflavin ⁸	mg	0.028	0.015	2	0.003	0.127
Niacin	mg	2.263		14	0.260	10.265
Pantothenic acid	mg	0.052		2	0.006	0.236
Vitamin B ₆	mg	0.000			0.000	
Folacin	mcg	0.0			0.0	0.0
Vitamin B ₁₂	mcg	0			0	
Vitamin A	{ RE	0			0	
	IU	0			0	
LIPIDS:						
Fatty acids:						
Saturated, total	g	14.066		1.618	63.803	
4:0	g					
6:0	g	0.093		0.011	0.422	
8:0	g	1.220		0.140	5.534	
10:0	g	0.983		0.113	4.459	
12:0	g	7.259		0.835	32.927	
14:0	g	2.730		0.314	12.383	
16:0	g	1.331		0.153	6.037	
18:0	g	0.452		0.052	2.050	
Monounsaturated, total	g	0.947		0.109	4.296	
16:1	g					
18:1	g	0.947		0.109	4.296	
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.294		0.034	1.334	
18:2	g	0.294		0.034	1.334	
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.047		0.005	0.213	
Threonine	g	0.121		0.014	0.549	
Isoleucine	g	0.120		0.014	0.544	
Leucine	g	0.208		0.024	0.944	
Lysine	g	0.146		0.017	0.662	
Methionine	g	0.026		0.003	0.118	
Cystine	g	0.051		0.006	0.231	
Phenylalanine	g	0.156		0.018	0.708	
Tyrosine	g	0.120		0.014	0.544	
Valine	g	0.186		0.021	0.844	
Arginine	g	0.158		0.018	0.717	
Histidine	g	0.062		0.007	0.281	
Alanine	g	0.148		0.017	0.671	
Aspartic acid	g	0.315		0.036	1.429	
Glutamic acid	g	0.575		0.066	2.608	
Glycine	g	0.161		0.018	0.730	
Proline	g	0.139		0.016	0.631	
Serine	g	0.122		0.014	0.553	

¹Adjusted protein is [N - (g of caffeine per 100 g x 0.289)] x 5.1. Unadjusted protein N x 6.1) = 5.5 g per 100 g.

²Range is 8.0 g to 24.5 g per 100 g.

³Soluble fiber determined as pectin

= 0.9 g per 100 g.

⁴Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.3 g per 100 g.

⁵Value for product without added calcium.

Product made with added calcium contains 146 mg per 100 g.

⁶Source added.

⁷Value for product with sodium caseinate, trisodium citrate, and tetrасsodium phosphate. Product with only sodium caseinate contains 132 mg per 100 g.

⁸Determined by high-pressure liquid chromatography.

NONALCOHOLIC

Coffee, instant, sugar sweetened, mocha flavor, powder
prepared with water

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: 0	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	94.0		176.7		426.2
Food energy	{ kcal	27		51		122
	kJ	112		211		510
Protein	g	0.3		0.5		1.1
Total lipid (fat) ²	g	1.0		1.9		4.5
Carbohydrate, total	g	4.5		8.4		20.3
Crude fiber	g					
Ash	g	0.2		0.5		1.1
MINERALS:						
Calcium ⁴	mg	4		7		18
Iron	mg	0.13		0.24		0.58
Magnesium	mg	5		9		23
Phosphorus ⁵	mg	15		29		70
Potassium ⁵	mg	63		119		286
Sodium ⁶	mg	19		36		86
Zinc	mg	0.08		0.15		0.37
Copper	mg	0.032		0.060		0.145
Manganese	mg	0.028		0.053		0.127
VITAMINS:						
Ascorbic acid	mg	0.0		0.0		0.0
Thiamin	mg	0.002		0.004		0.009
Riboflavin	mg	0.002		0.004		0.009
Niacin	mg	0.138		0.259		0.626
Pantothenic acid	mg	0.003		0.006		0.014
Vitamin B ₆	mg	0.000		0.000		0.000
Folacin	mcg	0.0		0.0		0.0
Vitamin B ₁₂	mcg	0		0		0
Vitamin A	{ RE	0		0		0
	{ IU	0		0		0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.856		1.609		3.883
4:0	g					
6:0	g	0.006		0.011		0.027
8:0	g	0.074		0.139		0.336
10:0	g	0.060		0.113		0.272
12:0	g	0.442		0.831		2.005
14:0	g	0.166		0.312		0.753
16:0	g	0.081		0.152		0.367
18:0	g	0.028		0.053		0.127
Monounsaturated, total	g	0.058		0.109		0.263
16:1	g					
18:1	g	0.058		0.109		0.263
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.018		0.034		0.082
18:2	g	0.018		0.034		0.082
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.003		0.006		0.014
Threonine	g	0.007		0.013		0.032
Isoleucine	g	0.007		0.013		0.032
Leucine	g	0.013		0.024		0.059
Lysine	g	0.009		0.017		0.041
Methionine	g	0.002		0.004		0.009
Cystine	g	0.003		0.006		0.014
Phenylalanine	g	0.009		0.017		0.041
Tyrosine	g	0.007		0.013		0.032
Valine	g	0.011		0.021		0.050
Arginine	g	0.010		0.019		0.045
Histidine	g	0.004		0.008		0.018
Alanine	g	0.009		0.017		0.041
Aspartic acid	g	0.019		0.036		0.086
Glutamic acid	g	0.035		0.066		0.159
Glycine	g	0.010		0.019		0.045
Proline	g	0.008		0.015		0.036
Serine	g	0.007		0.013		0.032

¹6 fl oz water + 2 rounded tsp powder.

²Range is 0.5 to 1.5 g per 100 g.

³Soluble fiber determined as pectin = 0.1 g per 100 g.

⁴Value for product without added calcium.

Product made with added calcium contains 11 mg per 100 g.

⁵Source added.

⁶Value for product with sodium caseinate, trisodium citrate, and tetrasodium phosphate. Product with only sodium caseinate contains 11 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 tsp = 2.3 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	4.9		27	0.1	22.2
Food energy	{ kcal	372			9	1,688
	kJ	1,557			36	7,061
Protein (N X 5.83)	g	5.5	32	0.1	24.8	
Total lipid (fat)	g	3.4	32	0.1	15.2	
Carbohydrate, total	g	81.0		1.9	367.5	
Crude fiber	g	0.1	26	0.0	0.3	
Ash	g	5.3	31	0.1	23.8	
MINERALS:						
Calcium	mg	52	2	1	238	
Iron	mg	4.60	11	0.11	20.84	
Magnesium	mg	244	11	6	1,107	
Phosphorus	mg	580	11	13	2,631	
Potassium	mg	1,840	14	42	8,345	
Sodium	mg	73	14	2	331	
Zinc	mg	0.51	3	0.01	2.29	
Copper	mg	0.208	3	0.005	0.943	
Manganese	mg	1.100	1	0.025	4.990	
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg	0.095	1	0.002	0.431	
Niacin	mg	16.896	16	0.389	76.640	
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg	0		0	0	
Vitamin A	{ RE					
	{ IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.633		0.015	2.871	
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.038		0.001	0.172	
16:0	g	0.570		0.013	2.586	
18:0	g	0.025		0.001	0.113	
Monounsaturated, total	g	0.374		0.009	1.696	
16:1	g	0.013		0.000	0.059	
18:1	g	0.361		0.008	1.637	
20:1	g					
22:1	g					
Polyunsaturated, total	g	1.730		0.040	7.847	
18:2	g	1.559		0.036	7.072	
18:3	g	0.171		0.004	0.776	
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.066		0.002	0.299	
Threonine	g	0.193		0.004	0.875	
Isoleucine	g	0.233		0.005	1.057	
Leucine	g	0.374		0.009	1.696	
Lysine	g	0.204		0.005	0.925	
Methionine	g	0.083		0.002	0.376	
Cystine	g	0.109		0.003	0.494	
Phenylalanine	g	0.270		0.006	1.225	
Tyrosine	g	0.188		0.004	0.853	
Valine	g	0.280		0.006	1.270	
Arginine	g	0.274		0.006	1.243	
Histidine	g	0.113		0.003	0.513	
Alanine	g	0.251		0.006	1.139	
Aspartic acid	g	0.362		0.008	1.642	
Glutamic acid	g	1.194		0.027	5.416	
Glycine	g	0.252		0.006	1.143	
Proline	g	0.522		0.012	2.368	
Serine	g	0.240		0.006	1.089	

NONALCOHOLIC
Coffee Substitute, cereal grain beverage, powder
prepared with milk

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight	Amount in edible portion of 1 pound of food as purchased		
	Mean	Standard error	Number of samples		1 pound of food as purchased		
					Refuse: 0	G	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	87.0		160.9		394.4	
Food energy	{ kcal	65		121		296	
	kJ	273		505		1,239	
Protein (N X 6.4)	g	3.3		6.1		15.0	
Total lipid (fat)	g	3.3		6.2		15.2	
Carbohydrate, total	g	5.6		10.4		25.4	
Crude fiber	g	0.0		0.0		0.0	
Ash	g	0.8		1.4		3.5	
MINERALS:							
Calcium	mg	119		219		538	
Iron	mg	0.11		0.20		0.48	
Magnesium	mg	16		30		74	
Phosphorus	mg	99		184		451	
Potassium	mg	172		319		782	
Sodium	mg	49		91		224	
Zinc	mg	0.38		0.71		1.73	
Copper	mg	0.012		0.022		0.054	
Manganese	mg	0.016		0.030		0.073	
VITAMINS:							
Ascorbic acid ²	mg	0.9		1.7		4.2	
Thiamin ²	mg	0.038		0.070		0.172	
Riboflavin	mg	0.161		0.298		0.730	
Niacin	mg	0.293		0.542		1.329	
Pantothenic acid ²	mg	0.310		0.574		1.406	
Vitamin B ₆ ²	mg	0.042		0.078		0.191	
Folacin ²	mcg	4.9		9.1		22.4	
Vitamin B ₁₂	mcg	0.35		0.65		1.60	
Vitamin A ²	{ RE	31		57		139	
	IU	124		230		564	
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.061		3.813		9.349	
4:0 ²	g	0.107		0.198		0.485	
6:0 ²	g	0.063		0.117		0.286	
8:0 ²	g	0.037		0.068		0.168	
10:0 ²	g	0.083		0.154		0.376	
12:0 ²	g	0.093		0.172		0.422	
14:0	g	0.332		0.614		1.506	
16:0	g	0.875		1.619		3.969	
18:0	g	0.400		0.740		1.814	
Monounsaturated, total	g	0.958		1.772		4.345	
16:1	g	0.074		0.137		0.336	
18:1	g	0.834		1.543		3.783	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.144		0.266		0.653	
18:2	g	0.093		0.172		0.422	
18:3	g	0.051		0.094		0.231	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	13		25		61	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.046		0.085		0.209	
Threonine	g	0.150		0.278		0.680	
Isoleucine	g	0.199		0.368		0.903	
Leucine	g	0.323		0.598		1.465	
Lysine	g	0.260		0.481		1.179	
Methionine	g	0.083		0.154		0.376	
Cystine	g	0.031		0.057		0.141	
Phenylalanine	g	0.160		0.296		0.726	
Tyrosine	g	0.159		0.294		0.721	
Valine	g	0.221		0.409		1.002	
Arginine	g	0.121		0.224		0.549	
Histidine	g	0.089		0.165		0.404	
Alanine	g	0.115		0.213		0.522	
Aspartic acid	g	0.251		0.464		1.139	
Glutamic acid	g	0.695		1.286		3.153	
Glycine	g	0.072		0.133		0.327	
Proline	g	0.322		0.596		1.461	
Serine	g	0.180		0.333		0.816	

¹6 fl oz milk + 1 tsp powder.²Value based on contribution from milk only.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: 0	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	98.7		180 g ¹		
Food energy	{ kcal	5		177.7		447.8
	kJ	20		9		22
Protein (N X 6.25)	g	0.1		36		90
Total lipid (fat)	g	0.0		0.1		0.3
Carbohydrate, total	g	1.0		0.1		0.2
Crude fiber	g	0.0		1.9		4.7
Ash	g	0.1		0.0		0.0
				0.2		0.5
MINERALS:						
Calcium	mg	3		5		
Iron	mg	0.06		0.12		12
Magnesium	mg	4		7		0.29
Phosphorus	mg	7		13		18
Potassium	mg	24		43		34
Sodium	mg	4		7		108
Zinc	mg	0.03		0.06		18
Copper	mg	0.009		0.016		0.14
Manganese	mg	0.015		0.027		0.041
						0.068
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg	0.001		0.002		0.005
Niacin	mg	0.216		0.389		0.980
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg	0		0		0
Vitamin A	{ RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.008		0.014		0.036
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0.002		0.005
16:0	g	0.007		0.013		0.032
18:0	g	0.000		0.000		0.000
Monounsaturated, total	g	0.005		0.009		0.023
16:1	g	0.000		0.000		0.000
18:1	g	0.005		0.009		0.023
20:1	g					
22:1	g					
Polysaturated, total	g	0.022		0.040		0.100
18:2	g	0.020		0.036		0.091
18:3	g	0.002		0.004		0.009
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0		0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.001		0.002		0.005
Threonine	g	0.002		0.004		0.009
Isoleucine	g	0.003		0.005		0.014
Leucine	g	0.005		0.009		0.023
Lysine	g	0.003		0.005		0.014
Methionine	g	0.001		0.002		0.005
Cystine	g	0.001		0.002		0.005
Phenylalanine	g	0.003		0.005		0.014
Tyrosine	g	0.002		0.004		0.014
Valine	g	0.004		0.007		0.009
Arginine	g	0.004		0.007		0.018
Histidine	g	0.001		0.002		0.018
Alanine	g	0.003		0.005		0.005
Aspartic acid	g	0.005		0.009		0.014
Glutamic acid	g	0.015		0.027		0.023
Glycine	g	0.003		0.005		0.068
Proline	g	0.007		0.013		0.014
Serine	g	0.003		0.005		0.032

¹6 fl oz water + 1 tsp powder.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: ¹	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 30.6 g	6 fl oz glass = 184 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	82.8	1	25.3	152.4	375.6	
	kcal	67		20	123	304	
Food energy	kJ	280		86	516	1,271	
Protein (N X 6.25)	g	0.1	1	0.0	0.1	0.3	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	17.1		5.2	31.5	77.6	
Crude fiber	g						
Ash	g	0.0	1	0.0	0.0	0.1	
MINERALS:							
Calcium	mg	7	1	2	13	32	
Iron	mg	0.06	1	0.02	0.11	0.27	
Magnesium	mg	2	1	1	3	9	
Phosphorus	mg	3	1	1	5	11	
Potassium	mg	27	4	8	50	123	
Sodium	mg	2	4	1	4	10	
Zinc	mg	0.04	2	0.01	0.08	0.19	
Copper	mg	0.007	0.003	2	0.002	0.013	
Manganese	mg					0.032	
VITAMINS:							
Ascorbic acid ¹	mg	32.0	0.000	2	9.8	58.9	
Thiamin	mg	0.005		1	0.002	0.009	
Riboflavin	mg	0.020		1	0.006	0.037	
Niacin	mg	0.060		1	0.018	0.110	
Pantothenic acid	mg					0.272	
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 fl oz = 30.6 g	6 fl oz glass = 184 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	83.5	1	25.6	153.6	378.8	
Food energy	{ kcal	64		20	118	290	
	{ kJ	267		82	492	1,212	
Protein (N X 6.25)	g	0.2	1	0.1	0.3	0.8	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	16.2		5.0	29.9	73.6	
Crude fiber	g						
Ash	g	0.1	1	0.0	0.2	0.5	
MINERALS:							
Calcium	mg	9	1	3	17	42	
Iron	mg	0.15	1	0.05	0.28	0.68	
Magnesium	mg	3	1	1	6	14	
Phosphorus	mg	5	1	2	10	24	
Potassium	mg	61	1	19	113	278	
Sodium	mg	2	1	1	4	10	
Zinc	mg	0.04	1	0.01	0.07	0.18	
Copper	mg	0.015	1	0.005	0.028	0.068	
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.0	1	0.0	0.0	0.0	
Thiamin	mg	0.005	1	0.002	0.009	0.023	
Riboflavin	mg	0.010	1	0.003	0.018	0.045	
Niacin	mg	0.120	1	0.037	0.221	0.544	
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

NONALCOHOLIC
Cranberry-Grape Juice Drink, bottled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 30.6 g	6 fl oz glass = 184 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	85.6	1	26.2	157.5	388.3	
Food energy	{ kcal	56		17	103	255	
	kJ	235		72	432	1,065	
Protein (N X 6.25)	g	0.2	1	0.0	0.3	0.7	
Total lipid (fat)	g	0.1	1	0.0	0.2	0.5	
Carbohydrate, total	g	14.0		4.3	25.8	63.7	
Crude fiber	g						
Ash	g	0.1	1	0.0	0.2	0.5	
MINERALS:							
Calcium	mg	8	1	2	15	36	
Iron	mg	0.01	1	0.00	0.02	0.05	
Magnesium	mg	3	1	1	6	14	
Phosphorus	mg	4	1	1	7	18	
Potassium	mg	24	1	7	44	109	
Sodium	mg	3	1	1	5	13	
Zinc	mg	0.04	1	0.01	0.07	0.18	
Copper	mg	0.007	0.003	3	0.002	0.013	
Manganese	mg					0.032	
VITAMINS:							
Ascorbic acid ¹	mg	32.0	1	9.8	58.9	145.2	
Thiamin	mg	0.010	1	0.003	0.018	0.045	
Riboflavin	mg	0.018	1	0.006	0.033	0.082	
Niacin	mg	0.120	1	0.037	0.221	0.544	
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folic acid	mcg						
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE						
	IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.033		0.010	0.061	0.150	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		0.000	0.002	0.005	
16:0	g	0.028		0.009	0.052	0.127	
18:0	g	0.004		0.001	0.007	0.018	
Monounsaturated, total	g	0.004		0.001	0.007	0.018	
16:1	g						
18:1	g	0.004		0.001	0.007	0.018	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.029		0.009	0.053	0.132	
18:2	g	0.023		0.007	0.042	0.104	
18:3	g	0.007		0.002	0.013	0.032	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: U	G
				1 fl oz = 31.6 g	6 fl oz glass = 190 g		
A	B	C	D	E	F		
PROXIMATE:							
Water	g	85.5	15	27.0	162.4	387.7	
Food energy	kcal	57		18	108	258	
	kJ	238		75	452	1,078	
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	0.1	3	0.0	0.1	0.3	
Carbohydrate, total	g	14.4		4.6	27.4	65.5	
Crude fiber	g						
Ash	g	0.0	5	0.0	0.1	0.2	
MINERALS:							
Calcium	mg	3	12	1	7	16	
Iron	mg	0.15	3	0.05	0.28	0.66	
Magnesium	mg	2	12	1	4	10	
Phosphorus	mg	2	10	1	4	10	
Potassium	mg	18	14	6	34	80	
Sodium	mg	2	13	1	4	9	
Zinc	mg	0.07	3	0.02	0.14	0.33	
Copper	mg	0.018	4	0.006	0.034	0.082	
Manganese	mg	0.193	10	0.061	0.367	0.875	
VITAMINS:							
Ascorbic acid ¹	mg	35.4	9	11.2	67.3	160.7	
Thiamin	mg	0.009	3	0.003	0.017	0.041	
Riboflavin	mg	0.009	3	0.003	0.017	0.041	
Niacin	mg	0.035	3	0.011	0.067	0.159	
Pantothenic acid	mg	0.056	5	0.018	0.106	0.254	
Vitamin B ₆	mg	0.019	2	0.006	0.036	0.086	
Folacin	mcg	0.2	5	0.1	0.5	1.1	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{RE.	0	5	0	1	2	
	{IU	4		1	7	18	
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Approximate measure and weight 12 fl oz can = 435 g	Amount in edible portion of common measures of food		
	Mean	Standard error	Number of samples		1	12 fl oz can = 435 g	
	A	B	C		D	E	F
PROXIMATE:							
Water	g . . .	51.5	1	223.9			233.5
Food energy	{ kcal . . .	189		821			856
	kJ . . .	789		3,434			3,581
Protein (N X 6.25)	g . . .	0.1	1	0.3			0.3
Total lipid (fat)	g . . .	0.0		0.0			0.0
Carbohydrate, total	g . . .	48.3		210.2			219.2
Crude fiber ¹	g . . .						
Ash	g . . .	0.1	1	0.6			0.6
MINERALS:							
Calcium	mg . . .	11	1	48			50
Iron	mg . . .	0.30	1	1.31			1.36
Magnesium	mg . . .	5	1	20			21
Phosphorus	mg . . .	5	1	20			21
Potassium	mg . . .	49	1	213			222
Sodium	mg . . .	3	1	13			14
Zinc	mg . . .	0.07	1	0.30			0.32
Copper	mg . . .	0.020	1	0.087			0.091
Manganese	mg . . .	0.140	1	0.609			0.635
VITAMINS:							
Ascorbic acid ²	mg . . .	34.0	1	147.9			154.2
Thiamin	mg . . .	0.023	1	0.100			0.104
Riboflavin	mg . . .	0.032	1	0.139			0.145
Niacin	mg . . .	0.040	1	0.174			0.181
Pantothenic acid	mg . . .	0.487	1	2.118			2.209
Vitamin B ₆	mg . . .	0.049	1	0.213			0.222
Folic acid	mcg . . .	0.0	1	0.0			0.0
Vitamin B ₁₂	mcg . . .	0		0			0
Vitamin A	{ RE . . .	3	1	15			15
	IU . . .	34	1	148			154
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .						
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .						
12:0	g . . .						
14:0	g . . .						
16:0	g . . .						
18:0	g . . .						
Monounsaturated, total	g . . .						
16:1	g . . .						
18:1	g . . .						
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g . . .						
18:2	g . . .						
18:3	g . . .						
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	0		0			0
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .						
Threonine	g . . .						
Isoleucine	g . . .						
Leucine	g . . .						
Lysine	g . . .						
Methionine	g . . .						
Cystine	g . . .						
Phenylalanine	g . . .						
Tyrosine	g . . .						
Valine	g . . .						
Arginine	g . . .						
Histidine	g . . .						
Alanine	g . . .						
Aspartic acid	g . . .						
Glutamic acid	g . . .						
Glycine	g . . .						
Proline	g . . .						
Serine	g . . .						

¹ Soluble fiber determined as pectin = 0.2 g per 100 g.

² Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	6 fl oz glass	
				1 fl oz = 31.2 g	187 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	85.9		26.8	160.6	389.6
Food energy	{ kcal	55		17	102	248
	kJ	229		71	428	1,039
Protein (N X 6.25)	g	0.0		0.0	0.0	0.1
Total lipid (fat)	g	0.0		0.0	0.0	0.0
Carbohydrate, total	g	14.0		4.4	26.2	63.6
Crude fiber ¹	g					
Ash	g	0.1		0.0	0.1	0.3
MINERALS:						
Calcium	mg	5		1	9	21
Iron	mg	0.09		0.03	0.17	0.41
Magnesium	mg	2		1	4	9
Phosphorus	mg	1		0	3	6
Potassium	mg	14		4	27	65
Sodium	mg	3		1	6	14
Zinc	mg	0.04		0.01	0.07	0.17
Copper	mg	0.010		0.003	0.019	0.045
Manganese	mg	0.041		0.013	0.077	0.186
VITAMINS:						
Ascorbic acid ²	mg	9.9		3.1	18.4	44.7
Thiamin	mg	0.007		0.002	0.013	0.032
Riboflavin	mg	0.009		0.003	0.017	0.041
Niacin	mg	0.012		0.004	0.022	0.054
Pantothenic acid	mg	0.141		0.044	0.264	0.640
Vitamin B ₆	mg	0.014		0.004	0.026	0.064
Folacin	mcg	0.0		0.0	0.0	0.0
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	1		0	2	4
	IU	10		3	18	45
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Soluble fiber determined as pectin = 0.1 g per 100 g.

² Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 fl oz	6 fl oz glass = 29.6 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	95.2	1	28.2	169.5	431.8	
Food energy	{ kcal	19		5	33	84	
Food energy	{ kJ	77		23	138	352	
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	4.7		1.4	8.5	21.5	
Crude fiber	g						
Ash	g	0.1	2	0.0	0.1	0.2	
MINERALS:							
Calcium ¹	mg	9	1	3	16	42	
Iron	mg	0.04	1	0.01	0.07	0.18	
Magnesium	mg	2	1	1	3	8	
Phosphorus	mg	1	1	0	1	4	
Potassium	mg	22	2	6	39	99	
Sodium	mg	3	1	1	6	15	
Zinc	mg	0.02	1	0.01	0.04	0.09	
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid ¹	mg	32.2	2	9.5	57.3	146.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE						
	{ IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight $0.75 \text{ oz pkt} = 21.3 \text{ g}$	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		F	G
A	B	C	D	E	Refuse:0	
PROXIMATE:						
Water	g	12.8	1	2.7		58.0
Food energy	kcal	298		63		1,350
	kj	1,245		265		5,647
Protein (N X 5.9) ¹	g	25.0	1	5.3		113.5
Total lipid (fat)	g	2.6	1	0.5		11.6
Carbohydrate, total	g	50.2		10.7		227.6
Crude fiber ²	g					
Ash	g	8.2	1	1.7		37.2
MINERALS:						
Calcium	mg	880	1	187		3,992
Iron	mg	7.70	1	1.64		34.93
Magnesium	mg	210	1	45		953
Phosphorus ³	mg					
Potassium ³	mg	2,240	1	477		10,161
Sodium ³	mg	780	1	166		3,538
Zinc	mg	3.60	1	0.77		16.33
Copper	mg	0.800	1	0.170		3.629
Manganese	mg	0.730	1	0.155		3.311
VITAMINS:						
Ascorbic acid	mg	1.2	1	0.3		5.4
Thiamin	mg	0.112	1	0.024		0.508
Riboflavin	mg	1.938	1	0.413		8.791
Niacin	mg	1.250	1	0.266		5.670
Pantothenic acid	mg	2.139	1	0.456		9.703
Vitamin B ₆	mg	0.110	1	0.023		0.499
Folacin	mcg	42.0	1	8.9		190.5
Vitamin B ₁₂	mcg	2.39	1	0.51		10.84
Vitamin A	(RE: IU)	344		73		1,559
	(IU)	1,150	1	245		5,216
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.871		0.399		8.487
4:0	g					
6:0	g	0.007		0.001		0.032
8:0	g	0.096		0.020		0.435
10:0	g	0.077		0.016		0.349
12:0	g	0.571		0.122		2.590
14:0	g	0.216		0.046		0.980
16:0	g	0.430		0.092		1.950
18:0	g	0.461		0.098		2.091
Monounsaturated, total	g	0.496		0.106		2.250
16:1	g	0.003		0.001		0.014
18:1	g	0.492		0.105		2.232
20:1	g	0.000		0.000		0.000
22:1	g					
Polyunsaturated, total	g	0.061		0.013		0.277
18:2	g	0.060		0.013		0.272
18:3	g	0.002		0.000		0.009
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Adjusted protein. Unadjusted protein (N x 6.2)
= 26.3 g per 100 g.

² Insoluble dietary fiber as determined by the neutral detergent fiber method = 1.4 g per 100 g.
³ Source added.

Nutrients and units	Amount in 100 grams, edible portion			Approximate measure and weight	Amount in edible portion of common measures of food		
	Mean	Standard error	Number of samples		Amount in edible portion of 1 pound of food as purchased		
					204 g ¹	Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	90.8		185.3		412.0	
Food energy	kcal	31		64		141	
	kJ	130		266		591	
Protein (N X 5.9)	g	2.6		5.3		11.9	
Total lipid (fat)	g	0.3		0.5		1.2	
Carbohydrate, total	g	5.2		10.7		23.8	
Crude fiber ²	g						
Ash	g	0.9		1.8		4.1	
MINERALS:							
Calcium	mg	94		192		426	
Iron	mg	0.81		1.65		3.67	
Magnesium	mg	23		47		104	
Phosphorus ³	mg						
Potassium ³	mg	235		479		1,064	
Sodium ³	mg	84		172		382	
Zinc	mg	0.40		0.81		1.81	
Copper	mg	0.089		0.182		0.404	
Manganese	mg	0.077		0.157		0.349	
VITAMINS:							
Ascorbic acid	mg	0.1		0.3		0.6	
Thiamin	mg	0.012		0.024		0.054	
Riboflavin	mg	0.203		0.414		0.921	
Niacin	mg	0.131		0.267		0.594	
Pantothenic acid	mg	0.224		0.457		1.016	
Vitamin B ₆	mg	0.011		0.022		0.050	
Folacin	mcg	4.4		9.0		19.9	
Vitamin B ₁₂	mcg	0.25		0.51		1.13	
Vitamin A	{RE, IU	36		73		163	
	IU	120		245		546	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.196		0.400		0.889	
4:0	g						
6:0	g	0.001		0.002		0.005	
8:0	g	0.010		0.020		0.045	
10:0	g	0.008		0.016		0.036	
12:0	g	0.060		0.122		0.272	
14:0	g	0.023		0.047		0.104	
16:0	g	0.045		0.092		0.204	
18:0	g	0.048		0.098		0.218	
Monounsaturated, total	g	0.052		0.106		0.236	
16:1	g	0.000		0.000		0.000	
18:1	g	0.051		0.104		0.231	
20:1	g	0.000		0.000		0.000	
22:1	g						
Polyunsaturated, total	g	0.006		0.012		0.027	
18:2	g	0.006		0.012		0.027	
18:3	g	0.000		0.000		0.000	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹1/2 c water + 3 ice cubes + 1 pkt.

³ Source added.

² Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.1 g per 100 g.

NONALCOHOLIC
Eggnog, dairy

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight	1 qt = 1,016 g		
				1 c = 254 g			
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	74.37	0.5923	6	188.90	755.60	337.34
Food energy	kcal	135			342	1,368	611
	kJ	563			1,430	5,722	2,555
Protein (N X 6.37)	g	3.81	.171	11	9.68	38.71	17.28
Total lipid (fat)	g	7.48	.213	79	19.00	76.00	33.93
Carbohydrate, total	g	13.54			34.39	137.57	61.42
Crude fiber	g	0			0	0	0
Ash	g80	.052	6	2.03	8.13	3.63
MINERALS:							
Calcium	mg	130	4.80	7	330	1,321	590
Iron	mg20		3	.51	2.03	.91
Magnesium	mg	18		2	47	188	84
Phosphorus	mg	109	4.56	6	278	1,112	496
Potassium	mg	165	10.0	6	420	1,678	749
Sodium	mg	54	2.0	6	138	553	247
Zinc	mg46			1.17	4.67	2.09
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	1.50	.289	3	3.81	15.24	6.80
Thiamin	mg034	.0020	6	.086	.345	.154
Riboflavin	mg190	.0069	7	.483	1.930	.862
Niacin	mg105	.0049	4	.267	1.067	.476
Pantothenic acid	mg417			1.059	4.237	1.892
Vitamin B ₆	mg050			.127	.508	.227
Folacin	mcg	1	.2	3	2	9	4
Vitamin B ₁₂	mcg450			1.143	4.572	2.041
Vitamin A	{RE. IU	80 352	18.0	4	203 894	813 3,576	363 1,597
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.44			11.29	45.14	20.16
4:0	g22			.56	2.25	1.00
6:0	g13			.33	1.33	.59
8:0	g08			.19	.78	.35
10:0	g17			.44	1.74	.78
12:0	g19			.49	1.95	.87
14:0	g69			1.75	6.99	3.12
16:0	g	1.94			4.93	19.70	8.80
18:0	g88			2.23	8.91	3.98
Monounsaturated, total	g	2.23			5.67	22.69	10.13
16:1	g17			.44	1.77	.79
18:1	g	1.96			4.97	19.89	8.88
20:1	g						
22:1	g						
Polynsaturated, total	g34			.86	3.44	1.54
18:2	g23			.58	2.31	1.03
18:3	g10			.26	1.03	.46
18:4	g						
20:4	g01			.01	.06	.02
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59			149	596	266
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g054			.137	.547	.244
Threonine	g175			.444	1.774	.792
Isoleucine	g230			.583	2.334	1.042
Leucine	g369			.937	3.749	1.674
Lysine	g298			.758	3.032	1.354
Methionine	g087			.222	.887	.396
Cystine	g038			.097	.389	.174
Phenylalanine	g182			.463	1.853	.827
Tyrosine	g182			.462	1.847	.825
Valine	g253			.643	2.571	1.148
Arginine	g149			.378	1.513	.676
Histidine	g095			.240	.960	.429
Alanine	g136			.346	1.386	.619
Aspartic acid	g291			.740	2.959	1.321
Glutamic acid	g769			1.954	7.815	3.489
Glycine	g084			.213	.851	.380
Proline	g350			.890	3.561	1.590
Serine	g217			.550	2.200	.982

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight 2 heaping tbsp = 28.4 g	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: 0	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.5	3	0.1		2.3
Food energy	{ kcal	390		111	1,771	
	kJ	1,633		464	7,408	
Protein (N X 6.25)	g	0.4	3	0.1		1.8
Total lipid (fat)	g	1.0	3	0.3		4.4
Carbohydrate, total	g	97.4		27.7		441.8
Crude fiber	g	0.1	0.000	0.0		0.4
Ash	g	0.7		0.2		3.4
MINERALS:						
Calcium	mg					
Iron	mg	0.90	0.100	2	0.26	4.08
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg	155	5.000	2	44	703
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0
Thiamin	mg	0.004	0.000	2	0.001	0.018
Riboflavin	mg					
Niacin	mg	0.155	0.005	2	0.044	0.703
Pantothenic acid	mg					
Vitamin B ₆	mg	0.005	0.000	2	0.001	0.023
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.291		0.083		1.320
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.003		0.001		0.014
16:0	g	0.214		0.061		0.971
18:0	g	0.075		0.021		0.340
Monounsaturated, total	g	0.388		0.110		1.760
16:1	g	0.032		0.009		0.145
18:1	g	0.355		0.101		1.610
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.126		0.036		0.572
18:2	g	0.108		0.031		0.490
18:3	g	0.003		0.001		0.014
18:4	g					
20:4	g	0.008		0.002		0.036
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.006		0.002		0.027
Threonine	g	0.022		0.006		0.100
Isoleucine	g	0.023		0.007		0.104
Leucine	g	0.034		0.010		0.154
Lysine	g	0.027		0.008		0.122
Methionine	g	0.010		0.003		0.045
Cystine	g	0.007		0.002		0.032
Phenylalanine	g	0.017		0.005		0.077
Tyrosine	g	0.017		0.005		0.077
Valine	g	0.024		0.007		0.109
Arginine	g	0.028		0.008		0.127
Histidine	g	0.010		0.003		0.045
Alanine	g	0.020		0.006		0.091
Aspartic acid	g	0.033		0.009		0.150
Glutamic acid	g	0.049		0.014		0.222
Glycine	g	0.012		0.003		0.054
Proline	g	0.017		0.005		0.077
Serine	g	0.033		0.009		0.150

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight	Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples		
A	B	C	D	E	F
PROXIMATE:				272 g ¹	G
Water	78.9			214.5	357.7
Food energy	96			260	434
Food energy	401			1,089	1,817
Protein (N X 6.4)	3.0			8.1	13.6
Total lipid (fat)	3.1			8.4	14.0
Carbohydrate, total	14.3			39.0	65.0
Crude fiber	0.0			0.0	0.0
Ash	0.7			2.0	3.3
MINERALS:					
Calcium ²	107			291	485
Iron	0.14			0.38	0.63
Magnesium ²	12			33	55
Phosphorus ²	84			228	379
Potassium	136			369	616
Sodium	60			163	272
Zinc ²	0.34			0.92	1.54
Copper ²	0.009			0.024	0.041
Manganese ²	0.002			0.005	0.009
VITAMINS:					
Ascorbic acid	0.8			2.3	3.8
Thiamin	0.034			0.092	0.154
Riboflavin	0.145			0.394	0.658
Niacin	0.091			0.248	0.413
Pantothenic acid ²	0.281			0.764	1.275
Vitamin B ₆	0.038			0.103	0.172
Folacin ²	4.5			12.2	20.3
Vitamin B ₁₂ ²	0.32			0.87	1.45
Vitamin A ²	28			76	126
Vitamin A ²	{RE.			307	512
IU	113				
LIPIDS:					
Fatty acids:					
Saturated, total	1.893			5.149	8.587
4:0 ²	0.097			0.264	0.440
6:0 ²	0.057			0.155	0.259
8:0 ²	0.033			0.090	0.150
10:0 ²	0.075			0.204	0.340
12:0 ²	0.084			0.228	0.381
14:0	0.301			0.819	1.365
16:0	0.810			2.203	3.674
18:0	0.371			1.009	1.683
Monounsaturated, total	0.905			2.462	4.105
16:1	0.071			0.193	0.322
18:1	0.789			2.146	3.579
20:1					
22:1					
Polyunsaturated, total	0.124			0.337	0.562
18:2	0.078			0.212	0.354
18:3	0.044			0.120	0.200
18:4					
20:4	0.001			0.003	0.005
20:5					
22:5					
22:6					
Cholesterol ²	mg.		12	33	55
Phytosterols	mg.				
AMINO ACIDS:					
Tryptophan	g	0.042		0.114	0.191
Threonine	g	0.136		0.370	0.617
Isoleucine	g	0.181		0.492	0.821
Leucine	g	0.292		0.794	1.325
Lysine	g	0.237		0.645	1.075
Methionine	g	0.075		0.204	0.340
Cystine	g	0.028		0.076	0.127
Phenylalanine	g	0.144		0.392	0.653
Tyrosine	g	0.144		0.392	0.653
Valine	g	0.200		0.544	0.907
Arginine	g	0.110		0.299	0.499
Histidine	g	0.081		0.220	0.367
Alanine	g	0.103		0.280	0.467
Aspartic acid	g	0.227		0.617	1.030
Glutamic acid	g	0.622		1.692	2.821
Glycine	g	0.064		0.174	0.290
Proline	g	0.288		0.783	1.306
Serine	g	0.164		0.446	0.744

¹ 1 c milk + 2 heaping tsp powder.

² Value for contribution from milk only.

NONALCOHOLIC
Fruit Punch Flavor Drink, powder

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	2 rounded tbsp	7.25 oz pkt = 25.4 g	
	A	B	C	D	E	F
PROXIMATE:						
Water	g	1.4	7	0.4	2.9	6.3
Food energy	{ kcal	382		97	787	1,733
	kJ	1,598		406	3,292	7,249
Protein (N X 6.25)	g	0.0	2	0.0	0.1	0.1
Total lipid (fat)	g	0.1	2	0.0	0.2	0.4
Carbohydrate, total	g	97.7		24.8	201.4	443.4
Crude fiber	g					
Ash	g	0.8	7	0.2	1.5	3.4
MINERALS:						
Calcium ²	mg	142	7	36	293	644
Iron	mg	0.50	2	0.13	1.03	2.27
Magnesium	mg	1	3	0	2	5
Phosphorus ²	mg	206	6	52	425	935
Potassium	mg	5	2	1	9	20
Sodium ³	mg	120	2	30	247	544
Zinc	mg	0.11	2	0.03	0.22	0.48
Copper	mg	0.130	1	0.033	0.268	0.590
Manganese	mg	0.025	2	0.006	0.052	0.113
VITAMINS:						
Ascorbic acid ²	mg	121.9	2	31.0	251.1	552.9
Thiamin	mg	0.004	2	0.001	0.008	0.018
Riboflavin	mg	0.023	1	0.006	0.047	0.104
Niacin	mg	0.014	2	0.004	0.029	0.064
Pantothenic acid	mg	0.001	2	0.000	0.002	0.005
Vitamin B ₆	mg	0.000		0.000	0.000	0.000
Folacin	mcg	0.7	2	0.2	1.4	3.2
Vitamin B ₁₂	mcg	0.00	1	0.00	0.00	0.00
Vitamin A	{ RE	1	2	0	1	2
	IU	5	2	1	10	23
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.057		0.014	0.117	0.259
4:0	g					
6:0	g	0.000		0.000	0.000	0.000
8:0	g	0.005		0.001	0.010	0.023
10:0	g	0.004		0.001	0.008	0.018
12:0	g	0.027		0.007	0.056	0.122
14:0	g	0.010		0.003	0.021	0.045
16:0	g	0.009		0.002	0.019	0.041
18:0	g	0.002		0.001	0.004	0.009
Monounsaturated, total	g	0.007		0.002	0.014	0.032
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.007		0.002	0.014	0.032
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.011		0.003	0.023	0.050
18:2	g	0.011		0.003	0.023	0.050
18:3	g	0.000		0.000	0.000	0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.1 g per 100 g.

² Source added.

³ Value for product with added sodium. Product made without added sodium contains 42 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				262 g ¹	2,098 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	90.4		236.8	1,896.4	410.0	
Food energy	{ kcal	37		97	777	168	
	kJ	155		406	3,251	703	
Protein (N X 6.25)	g	0.0		0.0	0.1	0.0	
Total lipid (fat)	g	0.0		0.0	0.2	0.0	
Carbohydrate, total	g	9.5		24.8	198.8	43.0	
Crude fiber	g						
Ash	g	0.1		0.3	2.6	0.6	
MINERALS:							
Calcium	mg	16		41	328	71	
Iron	mg	0.05		0.14	1.11	0.24	
Magnesium	mg	1		3	20	4	
Phosphorus ³	mg	20		52	420	91	
Potassium	mg	1		2	13	3	
Sodium ⁴	mg	14		38	301	65	
Zinc	mg	0.03		0.09	0.69	0.15	
Copper	mg	0.018		0.047	0.378	0.082	
Manganese	mg	0.003		0.008	0.063	0.014	
VITAMINS:							
Ascorbic acid ³	mg	11.8		31.0	248.0	53.6	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.002		0.005	0.042	0.009	
Niacin	mg	0.001		0.003	0.021	0.005	
Pantothenic acid.	mg	0.000		0.000	0.000	0.000	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.1		0.2	1.4	0.3	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	1	0	
	IU	0		1	10	2	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.006		0.016	0.126	0.027	
4:0	g						
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.003		0.008	0.063	0.014	
14:0	g	0.001		0.003	0.021	0.005	
16:0	g	0.001		0.003	0.021	0.005	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.001		0.003	0.021	0.005	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.001		0.003	0.021	0.005	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.001		0.003	0.021	0.005	
18:2	g	0.001		0.003	0.021	0.005	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹1 c water + 2 rounded tbsp powder.

²2 qt water + 7.25 oz pkt.

³Source added.

⁴Value for product with added sodium. Product made without added sodium contains 4 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 31.0 g	6 fl oz glass = 186 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	88.0	2	27.3	163.7	399.2	
Food energy	{ kcal . . .	47		14	87	211	
	{ kJ . . .	195		60	362	883	
Protein (N X 6.25)	g . . .	0.0	5	0.0	0.1	0.2	
Total lipid (fat)	g . . .	0.0	3	0.0	0.0	0.1	
Carbohydrate, total	g . . .	11.9		3.7	22.1	53.9	
Crude fiber	g . . .						
Ash	g . . .	0.1	3	0.0	0.1	0.3	
MINERALS:							
Calcium	mg . . .	8	5	2	14	35	
Iron	mg . . .	0.21	4	0.06	0.38	0.93	
Magnesium	mg . . .	2	4	1	4	9	
Phosphorus	mg . . .	1	5	0	2	6	
Potassium	mg . . .	25	14	8	47	115	
Sodium	mg . . .	22	14	7	41	99	
Zinc	mg . . .	0.12	3	0.04	0.23	0.56	
Copper	mg . . .	0.051	3	0.016	0.095	0.231	
Manganese	mg . . .	0.200	2	0.062	0.372	0.907	
VITAMINS:							
Ascorbic acid ²	mg . . .	29.6	11	9.2	55.1	134.3	
Thiamin	mg . . .	0.022	3	0.007	0.041	0.100	
Riboflavin	mg . . .	0.023	2	0.007	0.043	0.104	
Niacin	mg . . .	0.021	3	0.007	0.039	0.095	
Pantothenic acid	mg . . .	0.014	2	0.004	0.026	0.064	
Vitamin B ₆	mg . . .	0.000		0.000	0.000	0.000	
Folacin	mcg . . .	1.3	2	0.4	2.3	5.7	
Vitamin B ₁₂	mcg . . .	0.00	1	0.00	0.00	0.00	
Vitamin A	{ RE . . .	1	2	0	3	6	
	{ IU . . .	14		4	26	64	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	0.002		0.001	0.004	0.009	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .						
12:0	g . . .						
14:0	g . . .	0.000		0.000	0.000	0.000	
16:0	g . . .	0.001		0.000	0.002	0.005	
18:0	g . . .	0.000		0.000	0.000	0.000	
Monounsaturated, total . . .	g . . .	0.002		0.001	0.004	0.009	
16:1	g . . .	0.000		0.000	0.000	0.000	
18:1	g . . .	0.001		0.000	0.002	0.005	
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total . . .	g . . .	0.003		0.001	0.006	0.014	
18:2	g . . .	0.002		0.001	0.004	0.009	
18:3	g . . .	0.001		0.000	0.002	0.005	
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	0		0	0	0	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .						
Threonine	g . . .						
Isoleucine	g . . .						
Leucine	g . . .						
Lysine	g . . .						
Methionine	g . . .						
Cystine	g . . .						
Phenylalanine	g . . .						
Tyrosine	g . . .						
Valine	g . . .						
Arginine	g . . .						
Histidine	g . . .						
Alanine	g . . .						
Aspartic acid	g . . .						
Glutamic acid	g . . .						
Glycine	g . . .						
Proline	g . . .						
Serine	g . . .						

¹Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.1 g per 100 g.

²Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	12 fl oz can = 418 g	F	
A	B	C	D	E	G	
PROXIMATE:						
Water	g	58.2	2	243.4		264.2
Food energy	{ kcal	162		678		736
	kJ	679		2,838		3,079
Protein (N X 6.25)	g	0.2	2	0.7		0.7
Total lipid (fat)	g	0.0	2	0.1		0.1
Carbohydrate, total	g	41.4		173.1		187.8
Crude fiber ^{1, 2}	g					
Ash	g	0.2	2	0.7		0.8
MINERALS:						
Calcium	mg	8	2	33		36
Iron	mg	0.30	2	1.25		1.36
Magnesium	mg	6	2	23		25
Phosphorus	mg	2	2	9		9
Potassium	mg	44	2	184		200
Sodium	mg	8	2	34		37
Zinc	mg	0.07	2	0.29		0.32
Copper	mg	0.090	2	0.376		0.408
Manganese	mg	0.360	2	1.505		1.633
VITAMINS:						
Ascorbic acid ³	mg	155.6	2	650.2		705.6
Thiamin	mg	0.034	2	0.142		0.154
Riboflavin	mg	0.046	1	0.192		0.209
Niacin	mg	0.074	2	0.309		0.336
Pantothenic acid.	mg	0.028	2	0.117		0.127
Vitamin B ₆	mg	0.021	2	0.088		0.095
Folacin	mcg	3.3	2	13.6		14.7
Vitamin B ₁₂	mcg	0.00	1	0.00		0.00
Vitamin A	{ RE	4	2	16		17
	IU	39	2	161		175
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.003		0.013		0.014
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0.000		0.000
16:0	g	0.003		0.013		0.014
18:0	g	0.000		0.000		0.000
Monounsaturated, total	g	0.003		0.013		0.014
16:1	g	0.000		0.000		0.000
18:1	g	0.002		0.008		0.009
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.006		0.025		0.027
18:2	g	0.005		0.021		0.023
18:3	g	0.002		0.008		0.009
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0		0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.1 g per 100 g.

² Soluble fiber determined as pectin = 0.2 g per 100 g.

³ Source added.

NONALCOHOLIC
Fruit Punch Drink, frozen concentrate
prepared with water

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 30.9 g	1 c = 247 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	88.2		27.2	217.8	400.0	
Food energy	{ kcal	46		14	113	207	
	kJ	191		59	473	868	
Protein (N X 6.25)	g	0.0		0.0	0.1	0.2	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	11.7		3.6	28.8	53.0	
Crude fiber	g						
Ash	g	0.1		0.0	0.2	0.4	
MINERALS:							
Calcium	mg	4		1	9	17	
Iron	mg	0.09		0.03	0.22	0.40	
Magnesium	mg	2		1	6	10	
Phosphorus	mg	1		0	2	3	
Potassium	mg	13		4	31	57	
Sodium	mg	4		1	11	20	
Zinc	mg	0.04		0.01	0.09	0.17	
Copper	mg	0.030		0.009	0.074	0.136	
Manganese	mg	0.102		0.032	0.252	0.463	
VITAMINS:							
Ascorbic acid ²	mg	43.9		13.6	108.3	198.9	
Thiamin	mg	0.010		0.003	0.025	0.045	
Riboflavin	mg	0.013		0.004	0.032	0.059	
Niacin	mg	0.021		0.006	0.052	0.095	
Pantothenic acid	mg	0.008		0.002	0.020	0.036	
Vitamin B ₆	mg	0.006		0.002	0.015	0.027	
Folacin	mcg	0.9		0.3	2.3	4.2	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	(RE	1		0	3	5	
	(IU	11		3	27	49	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.001		0.000	0.002	0.005	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.001		0.000	0.002	0.005	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.001		0.000	0.002	0.005	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.001		0.000	0.002	0.005	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.002		0.001	0.005	0.009	
18:2	g	0.001		0.000	0.002	0.005	
18:3	g	0.001		0.000	0.002	0.005	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Soluble fiber determined as pectin
= 0.1 g per 100 g.

² Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	12 fl oz can = 423 g	F	
A	B	C	D	E	G	
PROXIMATE:						
Water	g	55.5	1	234.7		251.7
Food energy	{ kcal	175		739		793
Food energy	{ kJ	731		3,092		3,316
Protein (N X 6.25)	g	0.3	1	1.2		1.3
Total lipid (fat)	g	0.7	1	3.0		3.2
Carbohydrate, total	g	43.1		182.1		195.3
Crude fiber ¹	g					
Ash	g	0.5	1	2.0		2.1
MINERALS:						
Calcium	mg	20	1	85		91
Iron	mg	0.80	1	3.38		3.63
Magnesium	mg	11	1	45		49
Phosphorus	mg					
Potassium	mg	270	1	1,142		1,225
Sodium	mg	10	1	41		44
Zinc	mg	0.70	1	2.96		3.18
Copper	mg	0.070	1	0.296		0.318
Manganese	mg	0.210	1	0.888		0.953
VITAMINS:						
Ascorbic acid	mg	19.7	1	83.3		89.4
Thiamin	mg	0.004	1	0.017		0.018
Riboflavin	mg	0.230	1	0.973		1.043
Niacin	mg	0.208	1	0.880		0.943
Pantothenic acid	mg	0.103	1	0.436		0.467
Vitamin B ₆	mg	0.045	1	0.190		0.204
Folacin	mcg	7.0	1	29.6		31.8
Vitamin B ₁₂	mcg	0.00	1	0.00		0.00
Vitamin A	{ RE	2	1	9		10
Vitamin A	{ IU	21	1	89		95
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.087		0.368		0.395
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.002		0.008		0.009
16:0	g	0.079		0.334		0.358
18:0	g	0.004		0.017		0.018
Monounsaturated, total	g	0.086		0.364		0.390
16:1	g	0.007		0.030		0.032
18:1	g	0.047		0.199		0.213
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.173		0.732		0.785
18:2	g	0.126		0.533		0.572
18:3	g	0.047		0.199		0.213
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0		0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Soluble fiber determined as pectin = 0.2 g per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 31.0 g	1 c = 248 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	87.3		27.1	216.5	396.0
Food energy	{ kcal	50		15	123	225
	kJ	208		64	516	943
Protein (N X 6.25)	g	0.1		0.0	0.2	0.4
Total lipid (fat)	g	0.2		0.1	0.5	0.9
Carbohydrate, total	g	12.2		3.8	30.4	55.5
Crude fiber ¹	g					
Ash	g	0.2		0.1	0.4	0.8
MINERALS:						
Calcium	mg	7		2	18	33
Iron	mg	0.23		0.07	0.57	1.05
Magnesium	mg	4		1	9	17
Phosphorus ²	mg	0		0	0	0
Potassium	mg	77		24	191	349
Sodium	mg	5		2	12	22
Zinc	mg	0.22		0.07	0.54	0.98
Copper	mg	0.024		0.007	0.060	0.109
Manganese	mg	0.060		0.019	0.149	0.272
VITAMINS:						
Ascorbic acid	mg	5.6		1.7	13.9	25.4
Thiamin	mg	0.001		0.000	0.002	0.005
Riboflavin	mg	0.065		0.020	0.161	0.295
Niacin	mg	0.059		0.018	0.146	0.268
Pantothenic acid	mg	0.029		0.009	0.072	0.132
Vitamin B ₆	mg	0.013		0.004	0.032	0.059
Folacin	mcg	0.0		0.0	0.0	0.1
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	1		0	1	3
	IU	6		2	15	27
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.025		0.008	0.062	0.113
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0.000	0.002	0.005
16:0	g	0.022		0.007	0.055	0.100
18:0	g	0.001		0.000	0.002	0.005
Monounsaturated, total	g	0.024		0.007	0.060	0.109
16:1	g	0.002		0.001	0.005	0.009
18:1	g	0.013		0.004	0.032	0.059
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.049		0.015	0.122	0.222
18:2	g	0.036		0.011	0.089	0.163
18:3	g	0.013		0.004	0.032	0.059
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Soluble fiber determined as pectin = 0.1 g per 100 g.

² Value for contribution from water only.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
A	B	C	D	E	F	G
1 pkt = 17.4 g						
PROXIMATE:						
Water	g	2.5	0.337	7	0.4	
Food energy	kcal	382			67	11.4
	kj	1,599			278	1,734
Protein (N X 5.55)	g	35.3	0.999	7	6.1	7,254
Total lipid (fat)	g	1.2	0.369	7	0.2	160.1
Carbohydrate, total	g	60.4			10.5	5.4
Crude fiber	g	0.1	0.028	3	0.0	274.0
Ash	g	0.6	0.044	7	0.1	0.4
						2.6
MINERALS:						
Calcium ¹	mg					
Iron	mg					
Magnesium	mg					
Phosphorus ¹	mg					
Potassium	mg	14				
Sodium	mg	165				
Zinc	mg			5	2	64
Copper	mg			5	29	748
Manganese	mg					
VITAMINS:						
Ascorbic acid ¹	mg	289.0	7.000	2	50.3	1,310.9
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{RE. IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.152			0.026	0.689
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.131			0.023	0.594
18:0	g	0.022			0.004	0.100
Monounsaturated, total	g	0.290			0.050	1.315
16:1	g					
18:1	g	0.290			0.050	1.315
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.703			0.122	3.189
18:2	g	0.695			0.121	3.153
18:3	g	0.008			0.001	0.036
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000			0.000	0.000
Threonine	g	0.700			0.122	3.175
Isoleucine	g	0.541			0.094	2.454
Leucine	g	1.151			0.200	5.221
Lysine	g	1.495			0.260	6.781
Methionine	g	0.273			0.048	1.238
Cystine	g					
Phenylalanine	g	0.827			0.144	3.751
Tyrosine	g	0.146			0.025	0.662
Valine	g	0.967			0.168	4.386
Arginine	g	2.983			0.519	13.531
Histidine	g	0.312			0.054	1.415
Alanine	g	3.759			0.654	17.051
Aspartic acid	g	2.519			0.438	11.426
Glutamic acid	g	4.032			0.702	18.289
Glycine	g	9.674			1.683	43.881
Proline	g	5.559			0.967	25.216
Serine	g	1.215			0.211	5.511

¹Source added.

NONALCOHOLIC

Gelatin, drinking, orange flavor, powder
prepared with water

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight 4 fl oz water + 1 pkt = 136 g	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: 0	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	87.5		118.9		396.7
Food energy	{ kcal	49		67		222
	kJ	205		279		930
Protein (N X 5.5)	g	4.5		6.2		20.5
Total lipid (fat)	g	0.2		0.2		0.7
Carbohydrate, total	g	7.7		10.5		35.1
Crude fiber	g	0.0		0.0		0.0
Ash	g	0.1		0.2		0.6
MINERALS:						
Calcium ²	mg					
Iron ¹	mg	0.00		0.01		0.02
Magnesium ¹	mg	1		1		4
Phosphorus ²	mg					
Potassium	mg	2		3		9
Sodium	mg	24		32		108
Zinc ¹	mg	0.02		0.03		0.10
Copper ¹	mg	0.005		0.007		0.023
Manganese ¹	mg	0.000		0.000		0.000
VITAMINS:						
Ascorbic acid ²	mg	37.1		50.4		168.1
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.019		0.026		0.086
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.017		0.023		0.077
18:0	g	0.003		0.004		0.014
Monounsaturated, total	g	0.037		0.050		0.168
16:1	g					
18:1	g	0.037		0.050		0.168
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.090		0.122		0.408
18:2	g	0.089		0.121		0.404
18:3	g	0.001		0.001		0.005
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000		0.000		0.000
Threonine	g	0.090		0.122		0.408
Isoleucine	g	0.069		0.094		0.313
Leucine	g	0.148		0.201		0.671
Lysine	g	0.192		0.261		0.871
Methionine	g	0.035		0.048		0.159
Cystine	g					
Phenylalanine	g	0.106		0.144		0.481
Tyrosine	g	0.019		0.026		0.086
Valine	g	0.124		0.169		0.562
Arginine	g	0.383		0.521		1.737
Histidine	g	0.040		0.054		0.181
Alanine	g	0.482		0.656		2.186
Aspartic acid	g	0.323		0.439		1.465
Glutamic acid	g	0.517		0.703		2.345
Glycine	g	1.241		1.688		5.629
Proline	g	0.713		0.970		3.234
Serine	g	0.156		0.212		0.708

¹Value for contribution from water only.²Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 31.3 g	6 fl oz glass = 188 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	88.4		27.7	166.3	401.2
Food energy	{ kcal	45		14	84	203
	kJ	187		59	352	848
Protein (N X 6.25)	g	0.0	1	0.0	0.0	0.0
Total lipid (fat)	g	0.0		0.0	0.0	0.0
Carbohydrate, total	g	11.5		3.6	21.6	52.0
Crude fiber	g			0.0	0.2	0.4
Ash	g	0.1				
MINERALS:						
Calcium	mg					
Iron	mg	0.17	1	0.05	0.31	0.75
Magnesium	mg					
Phosphorus	mg					
Potassium	mg	5	5	2	10	25
Sodium	mg	6	5	2	12	29
Zinc	mg	0.11	1	0.03	0.21	0.50
Copper	mg	0.012	1	0.004	0.023	0.054
Manganese	mg					
VITAMINS:						
Ascorbic acid ¹	mg	34.1	2	10.7	64.2	154.8
Thiamin	mg	0.003		0.001	0.006	0.014
Riboflavin	mg	0.004		0.001	0.008	0.018
Niacin	mg	0.026		0.008	0.049	0.118
Pantothenic acid	mg	0.004		0.001	0.008	0.018
Vitamin B ₆	mg	0.006		0.002	0.011	0.027
Folacin	mcg	0.3		0.1	0.5	1.2
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	0
	IU	1		0	2	5
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.003		0.001	0.006	0.014
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.002		0.001	0.004	0.009
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.000		0.000	0.000	0.000
16:1	g					
18:1	g	0.000		0.000	0.000	0.000
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.002		0.001	0.004	0.009
18:2	g	0.002		0.001	0.004	0.009
18:3	g	0.001		0.000	0.002	0.005
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight	6 fl oz glass		
				1 fl oz = 31.3 g	= 188 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	87.0	1	27.2	163.6	394.6	
Food energy	{ kcal	50		16	94	227	
	kj	209		65	393	949	
Protein (N x 6.25)	g	0.1		0.0	0.2	0.5	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	12.9		4.0	24.2	58.3	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.1	1	0.0	0.1	0.2	
MINERALS:							
Calcium	mg	3		1	6	14	
Iron	mg	0.10		0.03	0.19	0.45	
Magnesium	mg						
Phosphorus	mg	4		1	8	18	
Potassium	mg	35		11	66	159	
Sodium	mg	1		0	2	5	
Zinc	mg						
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid ¹	mg	16.0		5.0	30.1	72.6	
Thiamin	mg	0.010		0.003	0.019	0.045	
Riboflavin	mg	0.010		0.003	0.019	0.045	
Niacin	mg	0.100		0.031	0.188	0.454	
Pantothenic acid	mg	0.012		0.004	0.023	0.054	
Vitamin B ₆	mg	0.020		0.006	0.038	0.091	
Folacin	meg	0.8		0.3	1.5	3.6	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	1	
	(IU)	2		1	4	9	
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1/2 scoop (2 tbsp) = 29.1 g	4 scoops (1 c) = 233 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.6	2	0.2	1.4	2.7	
Food energy	{ kcal	387		113	903	1,758	
	kJ	1,621		472	3,778	7,354	
Protein (N X 6.25)	g	0.1	2	0.0	0.2	0.5	
Total lipid (fat)	g	0.2	2	0.1	0.5	1.0	
Carbohydrate, total	g	98.8		28.8	230.2	448.2	
Crude fiber	g						
Ash	g	0.3	1	0.1	0.7	1.3	
MINERALS:							
Calcium ¹	mg	83	1	24	192	374	
Iron	mg	0.11	2	0.03	0.26	0.50	
Magnesium	mg	1	1	0	2	4	
Phosphorus ¹	mg	9	3	3	21	41	
Potassium	mg	3	1	1	7	14	
Sodium ¹	mg	42	2	12	99	192	
Zinc	mg	0.05	2	0.01	0.12	0.23	
Copper	mg	0.045	2	0.013	0.105	0.204	
Manganese	mg						
VITAMINS:							
Ascorbic acid ¹	mg	116.6	3	33.9	271.7	528.9	
Thiamin	mg	0.002	1	0.001	0.005	0.009	
Riboflavin	mg	0.011	1	0.003	0.026	0.050	
Niacin	mg	0.000	1	0.000	0.000	0.000	
Pantothenic acid	mg	0.000	1	0.000	0.000	0.000	
Vitamin B ₆	mg	0.000	1	0.000	0.000	0.000	
Folacin	mcg	0.0	1	0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.157		0.046	0.366	0.712	
4:0	g						
6:0	g	0.001		0.000	0.002	0.005	
8:0	g	0.012		0.003	0.028	0.054	
10:0	g	0.010		0.003	0.023	0.045	
12:0	g	0.074		0.022	0.172	0.336	
14:0	g	0.028		0.008	0.065	0.127	
16:0	g	0.026		0.008	0.061	0.118	
18:0	g	0.006		0.002	0.014	0.027	
Monounsaturated, total	g	0.019		0.006	0.044	0.086	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.019		0.006	0.044	0.086	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.032		0.009	0.075	0.145	
18:2	g	0.031		0.009	0.072	0.141	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: ^U
	Mean	Standard error	Number of samples	266 g ¹	2,126 g ²	
				E	F	
A	B	C	D			G
PROXIMATE:						
Water	g	89.1		236.9	1,893.5	404.0
Food energy	{ kcal	42		113	902	193
	{ kJ	178		472	3,776	806
Protein (N X 6.25)	g	0.0		0.0	0.2	0.0
Total lipid (fat)	g	0.0		0.1	0.5	0.1
Carbohydrate, total	g	10.8		28.8	230.1	49.1
Crude fiber	g	0.1		0.2	1.7	0.4
Ash	g					
MINERALS:						
Calcium ³	mg	11		29	231	49
Iron	mg	0.02		0.04	0.34	0.07
Magnesium	mg	1		3	20	4
Phosphorus ³	mg	1		3	22	5
Potassium	mg	1		1	11	2
Sodium ³	mg	7		19	155	33
Zinc	mg	0.03		0.07	0.60	0.13
Copper	mg	0.010		0.027	0.213	0.045
Manganese	mg					
VITAMINS:						
Ascorbic acid ³	mg	12.8		34.0	271.6	57.9
Thiamin	mg	0.000		0.000	0.000	0.000
Riboflavin	mg	0.001		0.003	0.021	0.005
Niacin	mg	0.000		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0.000	0.000	0.000
Vitamin B ₆	mg	0.000		0.000	0.000	0.000
Folacin	mcg	0.0		0.0	0.0	0.0
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	0
	{ IU	0				
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.017		0.045	0.361	0.077
4:0	g					
6:0	g	0.000		0.000	0.000	0.000
8:0	g	0.001		0.003	0.021	0.005
10:0	g	0.001		0.003	0.021	0.005
12:0	g	0.008		0.021	0.170	0.036
14:0	g	0.003		0.008	0.064	0.014
16:0	g	0.003		0.008	0.064	0.014
18:0	g	0.001		0.003	0.021	0.005
Monounsaturated, total	g	0.002		0.005	0.043	0.009
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.002		0.005	0.043	0.009
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.004		0.011	0.085	0.018
18:2	g	0.003		0.008	0.064	0.014
18:3	g	0.000		0.000	0.000	0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ 1 c water + 2 tbsp powder.

² 2 qt water + 1 c powder.

³ Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 scoop (2 tbsp) = 27.2 g	8 scoops (1 c) = 218 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.3	6	0.1	0.8	1.6	
Food energy	{ kcal	376		102	819	1,705	
	kJ	1,572		428	3,427	7,132	
Protein (N X 6.25)	g	0.0	1	0.0	0.0	0.0	
Total lipid (fat)	g	0.0	6	0.0	0.0	0.1	
Carbohydrate, total	g	98.8		26.9	215.5	448.4	
Crude fiber	g						
Ash	g	0.8	6	0.2	1.7	3.6	
MINERALS:							
Calcium ²	mg	242	6	66	528	1,099	
Iron	mg	0.50	1	0.14	1.09	2.27	
Magnesium	mg	1	1	0	2	4	
Phosphorus ²	mg	126	6	34	274	569	
Potassium	mg	120	1	33	262	544	
Sodium	mg	23	6	6	49	102	
Zinc	mg	0.14	1	0.04	0.31	0.64	
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid ³	mg	31.1	1	8.5	67.8	141.1	
Thiamin	mg	0.015	1	0.004	0.033	0.068	
Riboflavin	mg						
Niacin	mg	0.130	1	0.035	0.283	0.590	
Pantothenic acid	mg	0.060	1	0.016	0.131	0.272	
Vitamin B ₆	mg	0.026	1	0.007	0.057	0.118	
Folacin	mcg	13.0	1	3.5	28.3	59.0	
Vitamin B ₁₂	mcg	0.00	1	0.00	0.00	0.00	
Vitamin A	{ RE	0		0	0	0	
	IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.003		0.001	0.007	0.014	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.002		0.001	0.004	0.009	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.001		0.000	0.002	0.005	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.001		0.000	0.002	0.005	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.006		0.002	0.013	0.027	
18:2	g	0.004		0.001	0.009	0.018	
18:3	g	0.002		0.001	0.004	0.009	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

¹Contains lemon juice.

²Source added.

³Value for product without added ascorbic acid.

NONALCOHOLIC
Lemonade, powder
prepared with water

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	264 g ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	89.7		236.7	1,893.0	406.8
Food energy	{ kcal	39		102	818	176
	kJ	162		428	3,423	735
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	0.0		0.0	0.0	0.0
Carbohydrate, total	g	10.2		26.9	215.2	46.2
Crude fiber	g					
Ash	g	0.1		0.3	2.7	0.6
MINERALS:						
Calcium ³	mg	27		71	566	122
Iron	mg	0.06		0.15	1.18	0.25
Magnesium	mg	1		3	20	4
Phosphorus ³	mg	13		34	274	59
Potassium	mg	13		33	266	57
Sodium	mg	5		13	106	23
Zinc	mg	0.04		0.10	0.78	0.17
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	3.2		8.5	67.7	14.5
Thiamin	mg	0.002		0.005	0.042	0.009
Riboflavin	mg					
Niacin	mg	0.013		0.034	0.274	0.059
Pantothenic acid	mg	0.006		0.016	0.127	0.027
Vitamin B ₆	mg	0.003		0.008	0.063	0.014
Folacin	mcg	1.3		3.5	28.3	6.1
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	0
	{ IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.000		0.000	0.000	0.000
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.000		0.000	0.000	0.000
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.000		0.000	0.000	0.000
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.000		0.000	0.000	0.000
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.001		0.003	0.021	0.005
18:2	g	0.000		0.000	0.000	0.000
18:3	g	0.000		0.000	0.000	0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000		0.000	0.000	0.000
Threonine	g	0.000		0.000	0.000	0.000
Isoleucine	g	0.000		0.000	0.000	0.000
Leucine	g	0.000		0.000	0.000	0.000
Lysine	g	0.000		0.000	0.000	0.000
Methionine	g	0.000		0.000	0.000	0.000
Cystine	g	0.000		0.000	0.000	0.000
Phenylalanine	g	0.000		0.000	0.000	0.000
Tyrosine	g	0.000		0.000	0.000	0.000
Valine	g	0.000		0.000	0.000	0.000
Arginine	g	0.000		0.000	0.000	0.000
Histidine	g	0.000		0.000	0.000	0.000
Alanine	g	0.000		0.000	0.000	0.000
Aspartic acid	g	0.000		0.000	0.000	0.000
Glutamic acid	g	0.000		0.000	0.000	0.000
Glycine	g	0.000		0.000	0.000	0.000
Proline	g	0.000		0.000	0.000	0.000
Serine	g	0.000		0.000	0.000	0.000

¹1 c water + 2 tbsp powder.²2 qt water + 1 c powder.³Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 0.42 oz pkt = 11.9 g	0.67 oz pkt = 19.0 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	1.8	1	0.2	0.3	8.3
Food energy	{ kcal	332		40	63	1,507
	{ kJ	1,390		165	264	6,307
Protein (N X 6.25)	g	3.6	1	0.4	0.7	16.2
Total lipid (fat)	g	0.3	1	0.0	0.1	1.3
Carbohydrate, total	g	83.7		10.0	15.9	379.6
Crude fiber	g					
Ash	g	10.6	1	1.3	2.0	48.3
MINERALS:						
Calcium ²	mg	3,098	1	369	589	14,053
Iron	mg	5.70	1	0.68	1.08	25.86
Magnesium	mg	14	1	2	3	65
Phosphorus ²	mg	1,554	1	185	295	7,047
Potassium	mg	11	1	1	2	50
Sodium ³	mg	10	1	1	2	45
Zinc	mg	0.16	1	0.02	0.03	0.73
Copper	mg	0.110	1	0.013	0.021	0.499
Manganese	mg	0.110	1	0.013	0.021	0.499
VITAMINS:						
Ascorbic acid ²	mg	394.0	1	46.9	74.9	1,787.2
Thiamin	mg	0.007	1	0.001	0.001	0.032
Riboflavin	mg	0.037	1	0.004	0.007	0.168
Niacin	mg	0.000	1	0.000	0.000	0.000
Pantothenic acid.	mg	0.000	1	0.000	0.000	0.000
Vitamin B ₆	mg	0.000		0.000	0.000	0.000
Folacin	mcg					
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	0
	{ IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Contains lemon juice.

²Source added.

³Value for product without added sodium.
Product with added sodium would have higher value.

NONALCOHOLIC
Lemonade, powder, low calorie, aspartame sweetened
prepared with water

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: ^U	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	99.3		1,892.3		450.6
		2		40		9
Food energy	kcal	9		165		39
Protein (N X 6.25)	g	0.0		0.4		0.1
Total lipid (fat)	g	0.0		0.0		0.0
Carbohydrate, total	g	0.5		10.0		2.4
Crude fiber	g					
Ash	g	0.1		2.3		0.5
MINERALS:						
Calcium ²	mg	21		408		97
Iron	mg	0.04		0.78		0.19
Magnesium	mg	1		20		5
Phosphorus ²	mg	10		186		44
Potassium	mg	0		6		1
Sodium	mg	3		58		14
Zinc	mg	0.03		0.50		0.12
Copper	mg	0.007		0.133		0.032
Manganese	mg	0.001		0.019		0.005
VITAMINS:						
Ascorbic acid ²	mg	2.5		46.9		11.2
Thiamin	mg	0.000		0.000		0.000
Riboflavin	mg	0.000		0.000		0.000
Niacin	mg	0.000		0.000		0.000
Pantothenic acid.	mg	0.000		0.000		0.000
Vitamin B ₆	mg	0.000		0.000		0.000
Folacin	mcg			0		0
Vitamin B ₁₂	mcg	0		0		0
Vitamin A	{RE			0		0
	{IU	0				
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0		0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹2 qt water + 0.42 oz pkt.²Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0
	Mean	Standard error	Number of samples	6 fl oz can = 219 g	12 fl oz can = 440 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	52.3	2	114.5	230.1	237.2
Food energy	{ kcal	181		397	798	823
	kJ	759		1,662	3,340	3,443
Protein (N X6 .25)	g	0.3	2	0.6	1.2	1.2
Total lipid (fat)	g	0.2	2	0.4	0.9	0.9
Carbohydrate, total	g	47.1		103.1	207.1	213.5
Crude fiber ¹ . ²	g	0.1	1	0.2	0.4	0.4
Ash	g	0.2	2	0.4	0.7	0.8
MINERALS:						
Calcium	mg	7	38	15	31	32
Iron	mg	0.72	12	1.58	3.18	3.27
Magnesium	mg	5	37	11	21	22
Phosphorus	mg	9	28	19	38	40
Potassium	mg	67	37	148	297	306
Sodium	mg	4	36	8	17	17
Zinc	mg	0.08	11	0.17	0.33	0.34
Copper	mg	0.060	12	0.131	0.264	0.272
Manganese	mg	0.020	10	0.044	0.088	0.091
VITAMINS:						
Ascorbic acid ³	mg	17.7	32	38.8	78.0	80.5
Thiamin	mg	0.026	2	0.057	0.114	0.118
Riboflavin	mg	0.096	2	0.210	0.422	0.435
Niacin	mg	0.074	2	0.162	0.326	0.336
Pantothenic acid	mg	0.057	2	0.125	0.251	0.259
Vitamin B6	mg	0.025	2	0.055	0.110	0.113
Folacin	mcg	10.0	3	22.0	44.2	45.5
Vitamin B12	mcg	0.00	1	0.00	0.00	0.00
Vitamin A ⁴	{ RE	10	4	21	42	43
	IU	95	4	209	420	433
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.026		0.057	0.114	0.118
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0.002	0.004	0.005
16:0	g	0.024		0.053	0.106	0.109
18:0	g	0.001		0.002	0.004	0.005
Monounsaturated, total	g	0.008		0.018	0.035	0.036
16:1	g	0.001		0.002	0.004	0.005
18:1	g	0.007		0.015	0.031	0.032
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.059		0.129	0.260	0.268
18:2	g	0.042		0.092	0.185	0.191
18:3	g	0.017		0.037	0.075	0.077
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Soluble fiber determined as pectin
= 0.3 g per 100 g.

²Insoluble dietary fiber as determined by the
neutral detergent fiber method = 0.1 g per 100 g.

³Range is 2.3 to 33.1 mg per 100 g.

⁴Value for product without grape juice. Grape
juice is added for color in pink lemonade.
Product with grape juice contains 8 IU per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 31.0 g	1 c = 248 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	89.3		27.7	221.6	405.3	
Food energy	{ kcal	40		13	100	183	
Food energy	{ kJ	169		52	419	766	
Protein (N X 6.25)	g	0.1		0.0	0.1	0.3	
Total lipid (fat)	g	0.0		0.0	0.1	0.2	
Carbohydrate, total	g	10.5		3.2	26.0	47.5	
Crude fiber ¹	g	0.0		0.0	0.1	0.1	
Ash	g	0.1		0.0	0.2	0.4	
MINERALS:							
Calcium	mg	3		1	8	14	
Iron	mg	0.16		0.05	0.41	0.74	
Magnesium	mg	2		1	5	8	
Phosphorus	mg	2		1	5	9	
Potassium	mg	15		5	38	69	
Sodium	mg	3		1	8	14	
Zinc	mg	0.04		0.01	0.09	0.16	
Copper	mg	0.018		0.006	0.045	0.082	
Manganese	mg	0.005		0.002	0.012	0.023	
VITAMINS:							
Ascorbic acid ²	mg	3.9		1.2	9.8	17.9	
Thiamin	mg	0.006		0.002	0.015	0.027	
Riboflavin	mg	0.021		0.007	0.052	0.095	
Niacin	mg	0.016		0.005	0.040	0.073	
Pantothenic acid	mg	0.013		0.004	0.032	0.059	
Vitamin B ₆	mg	0.006		0.002	0.015	0.027	
Folacin	mcg	2.2		0.7	5.5	10.1	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A ³	{ RE	2		1	5	10	
	{ IU	21		7	53	96	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.006		0.002	0.015	0.027	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.005		0.002	0.012	0.023	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.002		0.001	0.005	0.009	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.002		0.001	0.005	0.009	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.013		0.004	0.032	0.059	
18:2	g	0.009		0.003	0.022	0.041	
18:3	g	0.004		0.001	0.010	0.018	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Soluble fiber determined as pectin
= 0.1 g per 100 g.

²Range is 0.5 to 7.4 mg per 100 g.

³Value for product without grape juice. Grape juice is added for color in pink lemonade. Product with grape juice contains 2 IU per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	6 fl oz can = 218 g	12 fl oz can = 437 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	50.0		109.0	219.5	226.8
Food energy	kcal	187		408	817	848
Protein (N X 6.25)	g	0.2		1,706	3,419	3,549
Total lipid (fat)	g	0.1		0.4	0.9	0.9
Carbohydrate, total	g	49.5		0.2	0.4	0.5
Crude fiber	g			107.9	216.3	224.5
Ash	g	0.2		0.4	0.9	0.9
MINERALS:						
Calcium	mg	5		11	22	23
Iron	mg	0.10		0.22	0.44	0.45
Magnesium	mg					
Phosphorus	mg	6		13	26	27
Potassium	mg	59		129	258	268
Sodium	mg					
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	12.0		26.2	52.4	54.4
Thiamin	mg	0.010		0.022	0.044	0.045
Riboflavin	mg	0.010		0.022	0.044	0.045
Niacin	mg	0.100		0.218	0.437	0.454
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{RE. IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.011		0.024	0.048	0.050
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.010		0.022	0.044	0.045
18:0	g					
Monounsaturated, total	g	0.010		0.022	0.044	0.045
16:1	g	0.002		0.004	0.009	0.009
18:1	g	0.008		0.017	0.035	0.036
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.027		0.059	0.118	0.122
18:2	g	0.018		0.039	0.079	0.082
18:3	g	0.009		0.020	0.039	0.041
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 fl oz = 30.9 g	1 c = 247 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	88.9		27.5	219.6	403.2	
Food energy	kcal	41		13	102	188	
	kJ	173		54	428	785	
Protein (N X 6.25)	g	0.0		0.0	0.1	0.2	
Total lipid (fat)	g	0.0		0.0	0.1	0.1	
Carbohydrate, total	g	11.0		3.4	27.1	49.7	
Crude fiber	g						
Ash	g	0.1		0.0	0.2	0.4	
MINERALS:							
Calcium	mg	3		1	7	12	
Iron	mg	0.03		0.01	0.06	0.12	
Magnesium ¹	mg	1		0	2	3	
Phosphorus	mg	1		0	3	6	
Potassium	mg	13		4	33	60	
Sodium ¹	mg	2		1	6	11	
Zinc ¹	mg	0.02		0.01	0.05	0.09	
Copper ¹	mg	0.005		0.002	0.012	0.023	
Manganese ¹	mg	0.000		0.000	0.000	0.000	
VITAMINS:							
Ascorbic acid	mg	2.7		0.8	6.6	12.0	
Thiamin	mg	0.002		0.001	0.005	0.009	
Riboflavin	mg	0.002		0.001	0.005	0.009	
Niacin	mg	0.022		0.007	0.054	0.100	
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{RE} IU						
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.002		0.001	0.005	0.009	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.002		0.001	0.005	0.009	
18:0	g						
Monounsaturated, total	g	0.002		0.001	0.005	0.009	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.002		0.001	0.005	0.009	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.006		0.002	0.015	0.027	
18:2	g	0.004		0.001	0.010	0.018	
18:3	g	0.002		0.001	0.005	0.009	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Value for contribution from water only.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 30.0 g	12 fl oz = 360 g	
A	B	C	D	E	F	G
PROXIMATE:¹						
Water	g	98.1		29.4	353.2	445.0
Food energy	{ kcal	9		3	32	40
	kj	37		11	133	167
Protein (N X 6.25)	g	0.3	1	0.1	1.1	1.4
Total lipid (fat)	g	0.0		0.0	0.0	0.0
Carbohydrate, total	g	1.4		0.4	5.1	6.5
Crude fiber	g					
Ash	g	0.2	1	0.0	0.5	0.7
MINERALS:						
Calcium	mg	7	2	2	25	31
Iron	mg	0.01	2	0.00	0.05	0.06
Magnesium	mg	9	1	3	31	39
Phosphorus	mg	31	1	9	110	139
Potassium	mg					
Sodium	mg					
Zinc	mg	0.01	1	0.00	0.03	0.04
Copper	mg	0.011	2	0.003	0.040	0.050
Manganese	mg	0.013	1	0.004	0.047	0.059
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.000		0.000	0.000	0.000
4:0	g	0.000		0.000	0.000	0.000
6:0	g	0.000		0.000	0.000	0.000
8:0	g	0.000		0.000	0.000	0.000
10:0	g	0.000		0.000	0.000	0.000
12:0	g	0.000		0.000	0.000	0.000
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.000		0.000	0.000	0.000
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.000		0.000	0.000	0.000
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.000		0.000	0.000	0.000
20:1	g	0.000		0.000	0.000	0.000
22:1	g	0.000		0.000	0.000	0.000
Polysaturated, total	g	0.000		0.000	0.000	0.000
18:2	g	0.000		0.000	0.000	0.000
18:3	g	0.000		0.000	0.000	0.000
18:4	g	0.000		0.000	0.000	0.000
20:4	g	0.000		0.000	0.000	0.000
20:5	g	0.000		0.000	0.000	0.000
22:5	g	0.000		0.000	0.000	0.000
22:6	g	0.000		0.000	0.000	0.000
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Alcohol 0.3% by volume (0.2 g per 100 g).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight oz (3 heaping tsp) = 21 g	Amount in edible portion of 1 pound of food as purchased Refuse: ¹	
	Mean	Standard error	Number of 3/4 samples			
A	B	C	D	E	F	G
PROXIMATE: ²						
Water	g	1.3	0.067	6	0.3	5.8
Food energy	kcal	375		79	1,700	
	kJ	1,568		329	7,112	
Protein (N X 5.7) ³	g	5.1		1.1	23.0	
Total lipid (fat)	g	3.8		0.8	17.1	
Carbohydrate, total	g	87.8		18.4	398.3	
Crude fiber	g	0.1	0.006	0.0	0.3	
Ash	g	1.9	0.020	0.4	8.7	
MINERALS:						
Calcium	mg	60		3	13	273
Iron	mg	2.28		8	0.48	10.34
Magnesium	mg	70		1	15	318
Phosphorus	mg	175		1	37	794
Potassium	mg	618		130		2,803
Sodium	mg	251		9	53	1,141
Zinc	mg	0.80		1	0.17	3.63
Copper	mg	0.200		1	0.042	0.907
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	1.5		7	0.3	6.8
Thiamin	mg	0.173		7	0.036	0.785
Riboflavin	mg	0.200		1	0.042	0.907
Niacin	mg	2.003		7	0.421	9.086
Pantothenic acid	mg					
Vitamin B ₆	mg	0.156		7	0.033	0.708
Folacin	mcg	20.0		1	4.2	90.7
Vitamin B ₁₂	mcg	0.20		1	0.04	0.91
Vitamin A	{RE.	19			4	85
	IU	90		1	19	408
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.159		0.453		9.793
4:0	g	0.096		0.020		0.435
6:0	g	0.057		0.012		0.259
8:0	g	0.033		0.007		0.150
10:0	g	0.075		0.016		0.340
12:0	g	0.084		0.018		0.381
14:0	g	0.302		0.063		1.370
16:0	g	0.947		0.199		4.296
18:0	g	0.491		0.103		2.227
Monounsaturated, total	g	1.045		0.219		4.740
16:1	g	0.069		0.014		0.313
18:1	g	0.930		0.195		4.218
20:1	g					
22:1	g					
Polysaturated, total	g	0.357		0.075		1.619
18:2	g	0.286		0.060		1.297
18:3	g	0.071		0.015		0.322
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	5		1		23
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.059		0.012		0.268
Threonine	g	0.143		0.030		0.649
Isoleucine	g	0.160		0.034		0.726
Leucine	g	0.292		0.061		1.325
Lysine	g	0.161		0.034		0.730
Methionine	g	0.064		0.013		0.290
Cystine	g	0.094		0.020		0.426
Phenylalanine	g	0.185		0.039		0.839
Tyrosine	g	0.151		0.032		0.685
Valine	g	0.197		0.041		0.894
Arginine	g	0.206		0.043		0.934
Histidine	g	0.098		0.021		0.445
Alanine	g	0.186		0.039		0.844
Aspartic acid	g	0.414		0.087		1.878
Glutamic acid	g	1.010		0.212		4.581
Glycine	g	0.133		0.028		0.603
Proline	g	0.438		0.092		1.987
Serine	g	0.264		0.055		1.198

¹Caffeine = 37 mg per 100 g.

²Theobromine = 504 mg per 100 g.

³Adjusted protein. Unadjusted protein (N x 5.9) = 5.2 g per 100 g.

NONALCOHOLIC
Malted Milk Flavor Mix, chocolate, without added nutrients, powder
prepared with milk

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Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse: ⁰	G
A	B	C	D	E	F	G
PROXIMATE: ^{2 3}						
Water	g	81.1		215.0		368.0
		86		229		391
Food energy	{ kcal	361		956		1,637
Protein (N X6 .3)	g	3.4		9.1		15.6
Total lipid (fat)	g	3.4		8.9		15.3
Carbohydrate, total	g	11.3		29.8		51.0
Crude fiber	g	0.0		0.0		0.0
Ash	g	0.8		2.2		3.7
MINERALS:						
Calcium	mg	115		304		520
Iron	mg	0.23		0.60		1.03
Magnesium	mg	18		47		81
Phosphorus	mg	100		265		453
Potassium	mg	188		499		855
Sodium	mg	65		172		295
Zinc	mg	0.41		1.09		1.87
Copper	mg	0.025		0.066		0.113
Manganese ⁴	mg	0.002		0.005		0.009
VITAMINS:						
Ascorbic acid	mg	1.0		2.6		4.5
Thiamin	mg	0.049		0.130		0.222
Riboflavin	mg	0.165		0.437		0.748
Niacin	mg	0.236		0.625		1.070
Pantothenic acid ⁵	mg	0.289		0.766		1.311
Vitamin B ₆	mg	0.051		0.135		0.231
Folacin	mcg	6.2		16.4		28.1
Vitamin B ₁₂	mcg	0.35		0.91		1.56
Vitamin A	{ RE	30		80		136
	{ IU	123		326		559
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.085		5.525		9.458
4:0	g	0.107		0.284		0.485
6:0	g	0.063		0.167		0.286
8:0	g	0.037		0.098		0.168
10:0	g	0.083		0.220		0.376
12:0	g	0.093		0.246		0.422
14:0	g	0.333		0.882		1.510
16:0	g	0.884		2.343		4.010
18:0	g	0.412		1.092		1.869
Monounsaturated, total	g	0.971		2.573		4.404
16:1	g	0.075		0.199		0.340
18:1	g	0.847		2.245		3.842
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.142		0.376		0.644
18:2	g	0.092		0.244		0.417
18:3	g	0.051		0.135		0.231
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	13		34		58
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.047		0.125		0.213
Threonine	g	0.149		0.395		0.676
Isoleucine	g	0.196		0.519		0.889
Leucine	g	0.320		0.848		1.452
Lysine	g	0.253		0.670		1.148
Methionine	g	0.081		0.215		0.367
Cystine	g	0.035		0.093		0.159
Phenylalanine	g	0.161		0.427		0.730
Tyrosine	g	0.158		0.419		0.717
Valine	g	0.218		0.578		0.989
Arginine	g	0.126		0.334		0.572
Histidine	g	0.090		0.239		0.408
Alanine	g	0.119		0.315		0.540
Aspartic acid	g	0.263		0.697		1.193
Glutamic acid	g	0.714		1.892		3.239
Glycine	g	0.075		0.199		0.340
Proline	g	0.328		0.869		1.488
Serine	g	0.186		0.493		0.844

¹ 1 c milk + 3 heaping tsp powder.

² Caffeine = 3 mg per 100 g.

³ Theobromine = 40 mg per 100 g.

⁴ Value for contribution from milk only.

NONALCOHOLIC
Malted Milk Flavor Mix, chocolate, with added nutrients, powder

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	3/4 oz (4-5 heaping tsp) = 21 g	1 c = 78 g	Refuse: 0	
	A	B	C	D	E	F	G
PROXIMATE:¹ ²							
Water	g	2.5	3	0.5	2.0		11.5
Food energy	{ kcal	358		75	280	1,626	
	kJ	1,500		315	1,170	6,803	
Protein (N X 5.7) ³	g	4.9	5	1.0	3.8	22.1	
Total lipid (fat)	g	3.4	4	0.7	2.7	15.5	
Carbohydrate, total	g	84.4		17.7	65.8	382.7	
Crude fiber	g	0.0	0.000	0.0	0.0	0.2	
Ash	g	4.6		1.0	3.6	20.9	
MINERALS:							
Calcium ⁴	mg	443	3	93	345	2,009	
Iron ⁴	mg	17.38	5	3.65	13.56	78.84	
Magnesium	mg	96	2	20	75	434	
Phosphorus ⁴	mg	401	2	84	313	1,819	
Potassium	mg	1,193	2	251	931	5,413	
Sodium ⁴	mg	594	5	125	463	2,694	
Zinc	mg	1.07	2	0.22	0.83	4.85	
Copper	mg	0.634	2	0.133	0.495	2.876	
Manganese ⁵	mg	0.627	2	0.132	0.489	2.844	
VITAMINS:							
Ascorbic acid ⁶	mg	150.1	4	31.5	117.1	680.8	
Thiamin ⁶	mg	3.052	4	0.641	2.381	13.844	
Riboflavin ⁶	mg	4.110	2	0.863	3.206	18.643	
Niacin ⁶	mg	50.937	4	10.697	39.731	231.050	
Pantothenic acid ⁶	mg	0.683	1	0.143	0.533	3.093	
Vitamin B ₆ ⁶	mg	4.366	4	0.917	3.405	19.804	
Folacin	mcg	93.1	1	19.6	72.6	422.3	
Vitamin B ₁₂	mcg						
Vitamin A ⁶	{ RE	3,925		824	3,061	17,804	
	{ IU	13,098	2	2,751	10,216	59,411	
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.964		0.412	1.532	8.909	
4:0	g	0.088		0.018	0.069	0.399	
6:0	g	0.052		0.011	0.041	0.236	
8:0	g	0.030		0.006	0.023	0.136	
10:0	g	0.068		0.014	0.053	0.308	
12:0	g	0.077		0.016	0.060	0.349	
14:0	g	0.275		0.058	0.215	1.247	
16:0	g	0.861		0.181	0.672	3.905	
18:0	g	0.447		0.094	0.349	2.028	
Monounsaturated, total	g	0.951		0.200	0.742	4.314	
16:1	g	0.063		0.013	0.049	0.286	
18:1	g	0.846		0.178	0.660	3.837	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.325		0.068	0.254	1.474	
18:2	g	0.260		0.055	0.203	1.179	
18:3	g	0.065		0.014	0.051	0.295	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Caffeine = 28 mg per 100 g.²Theobromine = 1,033 mg per 100 g.³Adjusted protein. Unadjusted protein (N x 5.9) = 5.0 g per 100 g.⁴Source added.⁵Product with added vitamin D contains 847 IU per 100 g.

NONALCOHOLIC

Malted Milk Flavor Mix, chocolate, with added nutrients, powder
prepared with milk

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				265 g ¹	1,054 g ²		
A	B	C	D	E	F	G	
PROXIMATE: ^{3 4}							
Water	g	81.2		215.2	856.0	368.4	
Food energy	{ kcal	85		225	896	385	
	{ kJ	356		942	3,747	1,613	
Protein (N X 6.3)	g	3.4		9.1	36.0	15.5	
Total lipid (fat)	g	3.3		8.9	35.3	15.2	
Carbohydrate, total	g	11.0		29.1	115.7	49.8	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	1.0		2.7	10.8	4.7	
MINERALS:							
Calcium ⁵	mg	145		384	1,529	658	
Iron ⁵	mg	1.42		3.77	15.00	6.45	
Magnesium	mg	20		53	210	91	
Phosphorus ⁵	mg	118		312	1,241	534	
Potassium	mg	234		620	2,467	1,062	
Sodium ⁵	mg	92		244	972	418	
Zinc	mg	0.44		1.15	4.58	1.97	
Copper	mg	0.059		0.156	0.622	0.268	
Manganese	mg	0.051		0.135	0.538	0.231	
VITAMINS:							
Ascorbic acid ⁵	mg	12.8		33.8	134.5	57.9	
Thiamin ⁵	mg	0.277		0.734	2.920	1.256	
Riboflavin ⁵	mg	0.475		1.259	5.007	2.155	
Niacin	mg	4.114		10.902	43.362	18.661	
Pantothenic acid.	mg	0.343		0.909	3.615	1.556	
Vitamin B ₆ ⁵	mg	0.385		1.020	4.058	1.746	
Folacin	mcg	12.0		31.8	126.3	54.4	
Vitamin B ₁₂ ⁷	mcg	0.33		0.87	3.47	1.49	
Vitamin A ⁵	{ RE	340		900	3,579	1,540	
	{ IU	1,154		3,058	12,163	5,234	
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.070		5.486	21.818	9.390	
4:0	g	0.106		0.281	1.117	0.481	
6:0	g	0.063		0.167	0.664	0.286	
8:0	g	0.036		0.095	0.379	0.163	
10:0	g	0.083		0.220	0.875	0.376	
12:0	g	0.093		0.246	0.980	0.422	
14:0	g	0.331		0.877	3.489	1.501	
16:0	g	0.878		2.327	9.254	3.983	
18:0	g	0.408		1.081	4.300	1.851	
Monounsaturated, total	g	0.964		2.555	10.161	4.373	
16:1	g	0.074		0.196	0.780	0.336	
18:1	g	0.840		2.226	8.854	3.810	
Polyunsaturated, total	g	0.140		0.371	1.476	0.635	
18:2	g	0.090		0.239	0.949	0.408	
18:3	g	0.050		0.133	0.527	0.227	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol ⁷	mg	13		33	132	57	
Phytosterols ⁷	mg						
AMINO ACIDS:							
Tryptophan	g	0.042		0.111	0.443	0.191	
Threonine	g	0.137		0.363	1.444	0.621	
Isoleucine	g	0.183		0.485	1.929	0.830	
Leucine	g	0.296		0.784	3.120	1.343	
Lysine	g	0.240		0.636	2.530	1.089	
Methionine	g	0.076		0.201	0.801	0.345	
Cystine	g	0.028		0.074	0.295	0.127	
Phenylalanine	g	0.146		0.387	1.539	0.662	
Tyrosine	g	0.146		0.387	1.539	0.662	
Valine	g	0.203		0.538	2.140	0.921	
Arginine	g	0.110		0.292	1.159	0.499	
Histidine	g	0.082		0.217	0.864	0.372	
Alanine	g	0.104		0.276	1.096	0.472	
Aspartic acid	g	0.230		0.610	2.424	1.043	
Glutamic acid	g	0.634		1.680	6.682	2.876	
Glycine	g	0.064		0.170	0.675	0.290	
Proline	g	0.294		0.779	3.099	1.334	
Serine	g	0.165		0.437	1.739	0.748	

¹ 1 c milk + 4-5 heaping tsp powder.² 1 qt milk + 1 c powder.³ Caffeine = 2 mg per 100 g.⁴ Theobromine = 82 mg per 100 g.⁵ Source added.⁶ If milk is vitamin D fortified, each cup contains 278 IU.⁷ Value for contribution from milk only.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	3/4 oz (3 heaping tsp) = 21 g	Approximate measure and weight	Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	2.0	0.134	6	0.4		9.2
Food energy	{ kcal	414			87		1,876
	{ kJ	1,730			363		7,849
Protein (N X 6.0)	g	11.2		7	2.3		50.7
Total lipid (fat)	g	7.9		7	1.7		35.7
Carbohydrate, total	g	75.8			15.9		343.8
Crude fiber	g	0.0	0.006	6	0.0		0.2
Ash	g	3.2			0.7		14.3
MINERALS:							
Calcium	mg	298		1	63		1,352
Iron	mg	0.70		7	0.15		3.15
Magnesium	mg	93		1	20		422
Phosphorus	mg	358		1	75		1,622
Potassium	mg	758			159		3,438
Sodium	mg	493		7	103		2,234
Zinc	mg	0.99		1	0.21		4.49
Copper	mg	0.200		1	0.042		0.907
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	2.9		7	0.6		13.0
Thiamin	mg	0.505		7	0.106		2.291
Riboflavin	mg	0.920		1	0.193		4.173
Niacin	mg	5.246		7	1.102		23.796
Pantothenic acid	mg						
Vitamin B ₆	mg	0.410		7	0.086		1.860
Folacin	mcg	46.0		1	9.7		208.7
Vitamin B ₁₂	mcg	0.78		1	0.16		3.54
Vitamin A	{ RE	88			19		401
	{ IU	291		1	61		1,320
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.199			0.882		19.047
4:0	g	0.201			0.042		0.912
6:0	g	0.120			0.025		0.544
8:0	g	0.069			0.014		0.313
10:0	g	0.157			0.033		0.712
12:0	g	0.176			0.037		0.798
14:0	g	0.631			0.133		2.862
16:0	g	1.910			0.401		8.664
18:0	g	0.769			0.161		3.488
Monounsaturated, total	g	2.044			0.429		9.272
16:1	g	0.146			0.031		0.662
18:1	g	1.803			0.379		8.178
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.207			0.253		5.475
18:2	g	1.007			0.211		4.568
18:3	g	0.200			0.042		0.907
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	20			4		91
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.125			0.026		0.567
Threonine	g	0.298			0.063		1.352
Isoleucine	g	0.348			0.073		1.579
Leucine	g	0.667			0.140		3.026
Lysine	g	0.317			0.067		1.438
Methionine	g	0.160			0.034		0.726
Cystine	g	0.233			0.049		1.057
Phenylalanine	g	0.391			0.082		1.774
Tyrosine	g	0.322			0.068		1.461
Valine	g	0.397			0.083		1.801
Arginine	g	0.430			0.090		1.950
Histidine	g	0.233			0.049		1.057
Alanine	g	0.410			0.086		1.860
Aspartic acid	g	0.901			0.189		4.087
Glutamic acid	g	2.488			0.522		11.286
Glycine	g	0.251			0.053		1.139
Proline	g	1.151			0.242		5.221
Serine	g	0.646			0.136		2.930

NONALCOHOLIC
Malted Milk Flavor Mix, natural, without added nutrients, powder
prepared with milk

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Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0	G
				265 g ¹	F		
A	B	C	D	E	F		
PROXIMATE:							
Water	g	81.2		215.1		368.2	
Food energy	{ kcal	89		237		405	
	kJ	374		991		1,696	
Protein (N X 6.4)	g	3.9		10.4		17.8	
Total lipid (fat)	g	3.7		9.8		16.8	
Carbohydrate, total	g	10.3		27.3		46.7	
Crude fiber	g	0.0		0.0		0.0	
Ash	g	0.9		2.4		4.1	
MINERALS:							
Calcium	mg	134		354		606	
Iron	mg	0.10		0.27		0.46	
Magnesium	mg	20		52		90	
Phosphorus	mg	114		303		519	
Potassium	mg	200		529		905	
Sodium	mg	84		223		382	
Zinc	mg	0.43		1.13		1.94	
Copper	mg	0.025		0.066		0.113	
Manganese ²	mg	0.002		0.005		0.009	
VITAMINS:							
Ascorbic acid	mg	1.1		2.9		5.0	
Thiamin	mg	0.075		0.199		0.340	
Riboflavin	mg	0.222		0.588		1.007	
Niacin	mg	0.493		1.306		2.236	
Pantothenic acid ²	mg	0.289		0.766		1.311	
Vitamin B ₆	mg	0.071		0.188		0.322	
Folacin	mcg	8.2		21.9		37.4	
Vitamin B ₁₂	mcg	0.39		1.03		1.77	
Vitamin A	{ RE	36		94		161	
	IU	139		369		631	
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.247		5.955		10.192	
4:0	g	0.115		0.305		0.522	
6:0	g	0.068		0.180		0.308	
8:0	g	0.040		0.106		0.181	
10:0	g	0.090		0.239		0.408	
12:0	g	0.100		0.265		0.454	
14:0	g	0.359		0.951		1.628	
16:0	g	0.961		2.547		4.359	
18:0	g	0.434		1.150		1.969	
Monounsaturated, total	g	1.050		2.783		4.763	
16:1	g	0.081		0.215		0.367	
18:1	g	0.916		2.427		4.155	
20:1	g						
22:1	g						
Polysaturated, total	g	0.210		0.557		0.953	
18:2	g	0.149		0.395		0.676	
18:3	g	0.061		0.162		0.277	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	14		37		64	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.052		0.138		0.236	
Threonine	g	0.161		0.427		0.730	
Isoleucine	g	0.211		0.559		0.957	
Leucine	g	0.349		0.925		1.583	
Lysine	g	0.265		0.702		1.202	
Methionine	g	0.089		0.236		0.404	
Cystine	g	0.046		0.122		0.209	
Phenylalanine	g	0.177		0.469		0.803	
Tyrosine	g	0.172		0.456		0.780	
Valine	g	0.234		0.620		1.061	
Arginine	g	0.144		0.382		0.653	
Histidine	g	0.100		0.265		0.454	
Alanine	g	0.136		0.360		0.617	
Aspartic acid	g	0.302		0.800		1.370	
Glutamic acid	g	0.832		2.205		3.774	
Glycine	g	0.084		0.223		0.381	
Proline	g	0.385		1.020		1.746	
Serine	g	0.216		0.572		0.980	

¹1 c milk + 3 heaping tsp powder.

²Value for contribution from milk only.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 3/4 oz (4-5 heaping tsp) = 21 g	F	
A	B	C	D	E	G	
PROXIMATE:						
Water	g	3.1	0.065	2	0.6	13.9
Food energy	{ kcal	383			80	1,736
	kJ	1,601			336	7,262
Protein (N X 6.0)	g	8.8		3	1.8	39.8
Total lipid (fat)	g	2.8		3	0.6	12.6
Carbohydrate, total	g	81.2			17.1	368.3
Crude fiber	g	0.1	0.000	2	0.0	0.6
Ash	g	4.2	0.145	2	0.9	18.9
MINERALS:						
Calcium ¹	mg	376		1	79	1,707
Iron ¹	mg	16.60		3	3.49	75.29
Magnesium	mg	66		1	14	299
Phosphorus ¹	mg	376		1	79	1,707
Potassium	mg	969		1	203	4,395
Sodium ¹	mg	406		3	85	1,843
Zinc	mg	0.71		1	0.15	3.20
Copper	mg	0.282		1	0.059	1.279
Manganese	mg	0.423		1	0.089	1.919
VITAMINS:²						
Ascorbic acid ¹	mg	129.3		3	27.1	586.3
Thiamin ¹	mg	2.956		3	0.621	13.408
Riboflavin ¹	mg	3.574		1	0.751	16.212
Niacin ¹	mg	48.589		3	10.204	220.400
Pantothenic acid	mg					
Vitamin B ₆ ¹	mg	3.634		3	0.763	16.484
Folic acid	mcg					
Vitamin B ₁₂	mcg					
Vitamin A ¹	{ RE	3,179			668	14,419
	IU	10,582		1	2,222	48,001
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.483			0.311	6.727
4:0	g	0.071			0.015	0.322
6:0	g	0.042			0.009	0.191
8:0	g	0.024			0.005	0.109
10:0	g	0.056			0.012	0.254
12:0	g	0.062			0.013	0.281
14:0	g	0.223			0.047	1.012
16:0	g	0.675			0.142	3.062
18:0	g	0.272			0.057	1.234
Monounsaturated, total	g	0.722			0.152	3.275
16:1	g	0.052			0.011	0.236
18:1	g	0.637			0.134	2.889
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.426			0.089	1.932
18:2	g	0.356			0.075	1.615
18:3	g	0.071			0.015	0.322
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Source added.

²Product with added vitamin D contains 847 IU per 100 g.

NONALCOHOLIC

Malted Milk Flavor Mix, natural, with added nutrients, powder
prepared with milk

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food Approximate measure and weight	Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples		Refuse:U	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	81.3		215.3	368.6	
Food energy	kcal	87		230	394	
	kJ	364		963	1,649	
Protein (N X 6 . 4)	g	3.7		9.9	16.9	
Total lipid (fat)	g	3.3		8.7	15.0	
Carbohydrate, total	g	10.7		28.4	48.6	
Crude fiber	g	0.0		0.0	0.0	
Ash	g	1.0		2.6	4.5	
MINERALS:						
Calcium ²	mg	140		370	634	
Iron ²	mg	1.36		3.61	6.17	
Magnesium	mg	18		47	80	
Phosphorus ²	mg	116		307	525	
Potassium	mg	216		573	981	
Sodium ²	mg	77		205	351	
Zinc	mg	0.41		1.08	1.84	
Copper	mg	0.031		0.082	0.141	
Manganese ²	mg	0.035		0.093	0.159	
VITAMINS:						
Ascorbic acid ²	mg	11.1		29.4	50.4	
Thiamin ²	mg	0.269		0.713	1.220	
Riboflavin ²	mg	0.432		1.145	1.960	
Niacin ²	mg	3.928		10.409	17.817	
Pantothenic acid. ⁴	mg	0.289		0.766	1.311	
Vitamin B ₆ ²	mg	0.327		0.867	1.483	
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A ²	{RE. IU	280 955		743 2,530	1,272 4,330	
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.032		5.385	9.217	
4:0	g	0.105		0.278	0.476	
6:0	g	0.062		0.164	0.281	
8:0	g	0.036		0.095	0.163	
10:0	g	0.082		0.217	0.372	
12:0	g	0.091		0.241	0.413	
14:0	g	0.327		0.867	1.483	
16:0	g	0.863		2.287	3.915	
18:0	g	0.394		1.044	1.787	
Monounsaturated, total	g	0.946		2.507	4.291	
16:1	g	0.073		0.193	0.331	
18:1	g	0.824		2.184	3.738	
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.148		0.392	0.671	
18:2	g	0.097		0.257	0.440	
18:3	g	0.051		0.135	0.231	
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol ⁶	mg	13		33	57	
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ 1 c milk + 4-5 heaping tsp powder.
² Source added.

³If milk is vitamin D fortified, each cup contains 278 IU.

⁴Value for contribution from milk only.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	3 rounded = 24.0 g	Approximate measure and weight 2/3 c = 128 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.2	6	0.0	0.2	0.8
Food energy	kcal	386		93	494	1,750
	kJ	1,615		387	2,067	7,324
Protein (N X 6.25)	g	0.1	6	0.0	0.1	0.3
Total lipid (fat)	g	0.1	6	0.0	0.1	0.5
Carbohydrate, total	g	98.7		23.7	126.3	447.5
Crude fiber	g					
Ash	g	1.0	6	0.2	1.3	4.5
MINERALS:						
Calcium ¹	mg	194	4	46	248	879
Iron	mg	0.65	1	0.16	0.83	2.95
Magnesium	mg	2	1	0	2	7
Phosphorus ¹	mg	129	6	31	166	587
Potassium ¹	mg	166	1	40	212	753
Sodium	mg	17	6	4	22	79
Zinc	mg	0.15	1	0.04	0.19	0.68
Copper	mg	0.080	1	0.019	0.102	0.363
Manganese	mg	0.050	1	0.012	0.064	0.227
VITAMINS:						
Ascorbic acid ¹	mg	409.6	4	98.3	524.3	1,857.8
Thiamin	mg	0.012	1	0.003	0.015	0.054
Riboflavin	mg	0.129		0.031	0.165	0.585
Niacin	mg	0.000	1	0.000	0.000	0.000
Pantothenic acid	mg	0.000	1	0.000	0.000	0.000
Vitamin B ₆	mg	0.000	1	0.000	0.000	0.000
Folacin ¹	mcg	483.3	24	116.0	618.7	2,192.4
Vitamin B ₁₂	mcg	0.00	1	0.00	0.00	0.00
Vitamin A ¹	{RE.	1,864		447	2,386	8,456
	{IU.	6,208	1	1,490	7,946	28,159
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.081		0.019	0.104	0.367
4:0	g					
6:0	g	0.001		0.000	0.001	0.005
8:0	g	0.006		0.001	0.008	0.027
10:0	g	0.005		0.001	0.006	0.023
12:0	g	0.038		0.009	0.049	0.172
14:0	g	0.015		0.004	0.019	0.068
16:0	g	0.013		0.003	0.017	0.059
18:0	g	0.003		0.001	0.004	0.014
Monounsaturated, total	g	0.010		0.002	0.013	0.045
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.010		0.002	0.013	0.045
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.017		0.004	0.022	0.077
18:2	g	0.017		0.004	0.022	0.077
18:3	g	0.000		0.000	0.000	0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols ¹	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	186 g ¹	992 g ²	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	88.1		163.8	873.5	399.4
Food energy	{ kcal	46		86	456	209
	kJ	192		358	1,908	873
Protein (N X 6.25)	g	0.0		0.0	0.1	0.0
Total lipid (fat)	g	0.0		0.0	0.1	0.1
Carbohydrate, total	g	11.8		21.9	116.6	53.3
Crude fiber	g					
Ash	g	0.2		0.3	1.6	0.7
MINERALS:						
Calcium ³	mg	25		46	247	113
Iron	mg	0.08		0.15	0.81	0.37
Magnesium	mg	1		2	10	5
Phosphorus ³	mg	15		29	153	70
Potassium ³	mg	20		37	198	91
Sodium	mg	5		9	47	21
Zinc	mg	0.04		0.07	0.40	0.18
Copper	mg	0.015		0.028	0.149	0.068
Manganese	mg	0.006		0.011	0.060	0.027
VITAMINS:						
Ascorbic acid ³	mg	48.8		90.8	484.1	221.4
Thiamin	mg	0.001		0.002	0.010	0.005
Riboflavin	mg	0.015		0.028	0.149	0.068
Niacin	mg	0.000		0.000	0.000	0.000
Pantothenic acid	mg	0.000		0.000	0.000	0.000
Vitamin B ₆	mg	0.000		0.000	0.000	0.000
Folacin ³	mcg	57.6		107.1	571.3	261.2
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A ³	{ RE	222		413	2,204	1,008
	IU	740		1,376	7,338	3,355
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.010		0.019	0.099	0.045
4:0	g					
6:0	g	0.000		0.000	0.000	0.000
8:0	g	0.001		0.002	0.010	0.005
10:0	g	0.001		0.002	0.010	0.005
12:0	g	0.004		0.007	0.040	0.018
14:0	g	0.002		0.004	0.020	0.009
16:0	g	0.002		0.004	0.020	0.009
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.001		0.002	0.010	0.005
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.001		0.002	0.010	0.005
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.002		0.004	0.020	0.009
18:2	g	0.002		0.004	0.020	0.009
18:3	g	0.000		0.000	0.000	0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols ³	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹6 fl oz (3 rounded tsp powder + water).

²1 qt (2/3 c powder + water).

³Source added.

NONALCOHOLIC

Orange Flavor Drink, breakfast type, frozen concentrate, with orange pulp

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	12 fl oz can = 424 g		
	B	C	D	E	F	
A						
PROXIMATE:						
Water	g	55.2	6	234.0		250.4
Food energy	{ kcal	172		729		780
	kJ	720		3,052		3,265
Protein (N X 6.25)	g	0.1	6	0.3		0.3
Total lipid (fat)	g	0.5	6	2.2		2.4
Carbohydrate, total	g	42.9		182.0		194.7
Crude fiber ¹	g					
Ash	g	1.3	6	5.4		5.8
MINERALS:						
Calcium	mg	110	1	466		499
Iron	mg	0.26	1	1.10		1.18
Magnesium	mg	2	1	6		7
Phosphorus	mg	76	6	322		345
Potassium ²	mg	435	6	1,845		1,974
Sodium	mg	24	6	103		110
Zinc	mg	0.06	1	0.25		0.27
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid ²	mg	243.1	1	1,030.7		1,102.7
Thiamin ²	mg	0.422	1	1.789		1.914
Riboflavin	mg	0.133	1	0.564		0.603
Niacin	mg	0.000	1	0.000		0.000
Pantothenic acid.	mg	0.025	1	0.106		0.113
Vitamin B ₆	mg	0.000	1	0.000		0.000
Folacin ²	mcg					
Vitamin B ₁₂	mcg	0		0		0
Vitamin A	{ RE	0		0		0
	IU	0		0		0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.078		0.331		0.354
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.001		0.004		0.005
16:0	g	0.051		0.216		0.231
18:0	g	0.026		0.110		0.118
Monounsaturated, total	g	0.226		0.958		1.025
16:1	g	0.002		0.008		0.009
18:1	g	0.223		0.946		1.012
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.197		0.835		0.894
18:2	g	0.183		0.776		0.830
18:3	g	0.014		0.059		0.064
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0		0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.1 g per 100 g.² Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0 Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	1 fl oz	6 fl oz	
					glass	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	87.2		27.0	162.2	395.5
Food energy	{ kcal	49		15	91	222
Food energy	{ kJ	205		64	381	930
Protein (N x 6.25)	g	0.0		0.0	0.0	0.1
Total lipid (fat)	g	0.2		0.0	0.3	0.7
Carbohydrate, total	g	12.2		3.8	22.7	55.5
Crude fiber	g					
Ash	g	0.4		0.1	0.7	1.8
MINERALS:						
Calcium	mg	33		10	61	149
Iron	mg	0.08		0.02	0.15	0.35
Magnesium	mg	1		0	2	5
Phosphorus	mg	22		7	40	98
Potassium ¹	mg	124		38	231	563
Sodium	mg	9		3	17	41
Zinc	mg	0.04		0.01	0.07	0.16
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid ¹	mg	69.2		21.5	128.8	314.1
Thiamin ¹	mg	0.120		0.037	0.223	0.544
Riboflavin	mg	0.038		0.012	0.071	0.172
Niacin	mg	0.000		0.000	0.000	0.000
Pantothenic acid	mg	0.007		0.002	0.013	0.032
Vitamin B ₆	mg	0.000		0.000	0.000	0.000
Folacin ¹	mcg					
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	0
	{ IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.022		0.007	0.041	0.100
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.014		0.004	0.026	0.064
18:0	g	0.007		0.002	0.013	0.032
Monounsaturated, total	g	0.064		0.020	0.119	0.290
16:1	g	0.001		0.000	0.002	0.005
18:1	g	0.064		0.020	0.119	0.290
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.056		0.017	0.104	0.254
18:2	g	0.052		0.016	0.097	0.236
18:3	g	0.004		0.001	0.007	0.018
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: ^U
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	D	E	
PROXIMATE:						
Water	g	59.2	1	258.2		268.6
Food energy	{ kcal	153		669		696
	{ kJ	642		2,799		2,912
Protein (N X 6.25)	g	0.4	1	1.6		1.7
Total lipid (fat)	g	0.0	1	0.1		0.1
Carbohydrate, total	g	39.0		169.9		176.8
Crude fiber ¹	g					
Ash	g	1.4	1	6.1		6.4
MINERALS:						
Calcium	mg	399	1	1,740		1,810
Iron	mg	0.26	1	1.13		1.18
Magnesium	mg	34	1	147		153
Phosphorus ²	mg	115	1	501		522
Potassium	mg	465	1	2,027		2,109
Sodium	mg	26	1	113		118
Zinc	mg	0.12	1	0.52		0.54
Copper	mg	0.320	1	1,395		1,452
Manganese	mg					
VITAMINS:						
Ascorbic acid ³	mg	189.7	1	827.1		860.5
Thiamin	mg	0.363	1	1.583		1.647
Riboflavin	mg	3.590	1	15.652		16.284
Niacin ³	mg	0.870	1	3.793		3.946
Pantothenic acid ³	mg	0.650	1	2.834		2.948
Vitamin B ₆	mg	0.244	1	1.064		1.107
Folacin ³	mcg	111.1	1	484.5		504.0
Vitamin B ₁₂	mcg	0		0		0
Vitamin A	{ RE	2	1	9		10
	{ IU	21	1	92		95
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.002		0.009		0.009
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.002		0.009		0.009
18:0	g					
Monounsaturated, total	g	0.003		0.013		0.014
16:1	g	0.000		0.000		0.000
18:1	g	0.003		0.013		0.014
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.004		0.017		0.018
18:2	g	0.003		0.013		0.014
18:3	g	0.001		0.004		0.005
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0		0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.001		0.004		0.005
Threonine	g	0.004		0.017		0.018
Isoleucine	g	0.004		0.017		0.018
Leucine	g	0.007		0.031		0.032
Lysine	g	0.005		0.022		0.023
Methionine	g	0.002		0.009		0.009
Cystine	g	0.003		0.013		0.014
Phenylalanine	g	0.005		0.022		0.023
Tyrosine	g	0.002		0.009		0.009
Valine	g	0.006		0.026		0.027
Arginine	g	0.025		0.109		0.113
Histidine	g	0.002		0.009		0.009
Alanine	g	0.008		0.035		0.036
Aspartic acid	g	0.040		0.174		0.181
Glutamic acid	g	0.018		0.078		0.082
Glycine	g	0.005		0.022		0.023
Proline	g	0.023		0.100		0.104
Serine	g	0.007		0.031		0.032

¹Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.2 g per 100 g.

²Soluble fiber determined as pectin = 0.2 g per 100 g.

³Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 31.3 g	6 fl oz glass = 188 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	88.1		27.6	165.7	399.7	
Food energy	{ kcal	45		14	84	202	
	kj	187		58	351	846	
Protein (N X6 . 25)	g	0.1		0.0	0.2	0.5	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	11.3		3.5	21.3	51.4	
Crude fiber ¹	g						
Ash	g	0.4		0.1	0.8	2.0	
MINERALS:							
Calcium ³	mg	117		37	221	533	
Iron	mg	0.08		0.02	0.15	0.36	
Magnesium	mg	11		3	20	48	
Phosphorus ³	mg	33		10	63	152	
Potassium ³	mg	135		42	254	614	
Sodium	mg	10		3	18	44	
Zinc	mg	0.05		0.02	0.10	0.24	
Copper ³	mg	0.097		0.030	0.182	0.440	
Manganese	mg						
VITAMINS:							
Ascorbic acid ³	mg	55.1		17.3	103.6	250.0	
Thiamin ³	mg	0.106		0.033	0.199	0.481	
Riboflavin	mg	1.043		0.326	1.961	4.731	
Niacin ³	mg	0.253		0.079	0.476	1.148	
Pantothenic acid ³	mg	0.189		0.059	0.355	0.857	
Vitamin B ₆ ³	mg	0.071		0.022	0.133	0.322	
Folacin ³	mcg	32.3		10.1	60.7	146.5	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	1		0	1	3	
	IU	6		2	11	28	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.001		0.000	0.002	0.005	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.001		0.000	0.002	0.005	
18:0	g						
Monounsaturated, total	g	0.001		0.000	0.002	0.005	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.001		0.000	0.002	0.005	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.001		0.000	0.002	0.005	
18:2	g	0.001		0.000	0.002	0.005	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.001		0.000	0.002	0.005	
Isoleucine	g	0.001		0.000	0.002	0.005	
Leucine	g	0.002		0.001	0.004	0.009	
Lysine	g	0.002		0.001	0.004	0.009	
Methionine	g	0.001		0.000	0.002	0.005	
Cystine	g	0.001		0.000	0.002	0.005	
Phenylalanine	g	0.002		0.001	0.004	0.009	
Tyrosine	g	0.001		0.000	0.002	0.005	
Valline	g	0.002		0.001	0.004	0.009	
Arginine	g	0.007		0.002	0.013	0.032	
Histidine	g	0.001		0.000	0.002	0.005	
Alanine	g	0.002		0.001	0.004	0.009	
Aspartic acid	g	0.012		0.004	0.023	0.054	
Glutamic acid	g	0.005		0.002	0.009	0.023	
Glycine	g	0.002		0.001	0.004	0.009	
Proline	g	0.007		0.002	0.013	0.032	
Serine	g	0.002		0.001	0.004	0.009	

¹ Insoluble dietary fiber as determined by the neutral detergent fiber method = 0.1 g per 100 g.

² Soluble fiber determined as pectin = 0.1 g per 100 g.

³ Source added.

**NONALCOHOLIC
Orange Drink, canned**

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 fl oz	6 fl oz glass = 31.0 g = 186 g	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	86.9	1	26.9	161.6	394.2
Food energy	{ kcal	51		16	94	229
Food energy	{ kJ	212		66	393	960
Protein (N X G . 25)	g	0.0	1	0.0	0.0	0.0
Total lipid (fat)	g	0.0		0.0	0.0	0.1
Carbohydrate, total	g	12.9		4.0	24.0	58.6
Crude fiber	g					
Ash	g	0.2	1	0.0	0.3	0.7
MINERALS:						
Calcium	mg	6	1.880	2	12	29
Iron	mg	0.28	6	0.09	0.53	1.28
Magnesium	mg	2	0.642	4	1	8
Phosphorus	mg	1	0.104	4	0	7
Potassium	mg	18		5	33	79
Sodium ¹	mg	16	8	5	31	75
Zinc	mg	0.09	5	0.03	0.16	0.39
Copper	mg	0.003	0.002	4	0.001	0.006
Manganese	mg	0.015	0.012	4	0.005	0.028
VITAMINS:						
Ascorbic acid ¹	mg	34.1	5	10.6	63.5	154.7
Thiamin	mg	0.006		0.002	0.011	0.027
Riboflavin	mg	0.003		0.001	0.006	0.014
Niacin	mg	0.031		0.010	0.058	0.141
Pantothenic acid	mg	0.015		0.005	0.028	0.068
Vitamin B ₆	mg	0.009		0.003	0.017	0.041
Folacin	mcg					
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ IU	2		1	3	8
		18		5	33	79
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.002		0.001	0.004	0.009
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.002		0.001	0.004	0.009
18:0	g					
Monounsaturated, total	g	0.002		0.001	0.004	0.009
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.002		0.001	0.004	0.009
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.003		0.001	0.006	0.014
18:2	g	0.002		0.001	0.004	0.009
18:3	g	0.001		0.000	0.002	0.005
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	86.7		27.1	216.8	393.3	
Food energy	{ kcal	51		16	128	233	
	kJ	215		67	537	975	
Protein (N X 6.25)	g	0.3		0.1	0.8	1.4	
Total lipid (fat)	g	0.1		0.0	0.3	0.5	
Carbohydrate, total	g	12.7		4.0	31.8	57.6	
Crude fiber	g	0.2		0.1	0.5	0.9	
Ash	g	0.2	1	0.1	0.5	0.9	
MINERALS:							
Calcium	mg	5		2	13	23	
Iron	mg	0.10		0.03	0.25	0.45	
Magnesium	mg						
Phosphorus	mg	8		2	20	36	
Potassium	mg	80	1	25	201	365	
Sodium	mg						
Zinc	mg						
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	20.0	1	6.2	49.9	90.5	
Thiamin	mg	0.020		0.006	0.050	0.091	
Riboflavin	mg	0.010		0.003	0.025	0.045	
Niacin	mg	0.200		0.062	0.500	0.907	
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	58		18	145	263	
	IU	580		181	1,450	2,631	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.010		0.003	0.025	0.045	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.009		0.003	0.023	0.041	
18:0	g	0.001		0.000	0.003	0.005	
Monounsaturated, total	g	0.031		0.010	0.078	0.141	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.029		0.009	0.073	0.132	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.022		0.007	0.055	0.100	
18:2	g	0.019		0.006	0.048	0.086	
18:3	g	0.002		0.001	0.005	0.009	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

NONALCOHOLIC
Pineapple and Grapefruit Juice Drink, canned

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 31.3 g	1 c = 250 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	87.9	7	27.5	219.7	398.7	
Food energy	{ kcal	47		15	117	212	
	{ kJ	195		61	488	886	
Protein (N X 6.25)	g	0.2	8	0.1	0.6	1.0	
Total lipid (fat)	g	0.1	7	0.0	0.2	0.4	
Carbohydrate, total	g	11.6		3.6	29.0	52.6	
Crude fiber	g	0.0	0.003	0.0	0.1	0.2	
Ash	g	0.2	7	0.1	0.5	0.9	
MINERALS:							
Calcium	mg	7	8	2	18	32	
Iron	mg	0.31	7	0.10	0.77	1.39	
Magnesium	mg	6	8	2	15	27	
Phosphorus	mg	6	8	2	14	26	
Potassium	mg	61	8	19	154	279	
Sodium ¹	mg	14	5	4	34	62	
Zinc	mg	0.06	7	0.02	0.15	0.28	
Copper	mg	0.045	7	0.014	0.113	0.204	
Manganese	mg	0.413		0.129	1.033	1.873	
VITAMINS:							
Ascorbic acid ¹	mg	46.0	17	14.4	114.9	208.5	
Thiamin	mg	0.030	0.000	6	0.009	0.075	
Riboflavin	mg	0.016	0.002	6	0.005	0.040	
Niacin	mg	0.267	0.024	6	0.084	0.668	
Pantothenic acid	mg	0.053		0.017	0.133	0.240	
Vitamin B ₆	mg	0.042		0.013	0.105	0.191	
Folacin	mcg	10.5		3.3	26.2	47.5	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	4	0.289	6	1	9	
	{ IU	35	2.887	6	11	88	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.006		0.002	0.015	0.027	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.005		0.002	0.013	0.023	
18:0	g	0.002		0.001	0.005	0.009	
Monounsaturated, total	g	0.010		0.003	0.025	0.045	
16:1	g	0.001		0.000	0.003	0.005	
18:1	g	0.009		0.003	0.023	0.041	
20:1	g						
22:1	g						
Polysaturated, total	g	0.028		0.009	0.070	0.127	
18:2	g	0.017		0.005	0.043	0.077	
18:3	g	0.011		0.003	0.028	0.050	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 31.3 g	1 c = 250 g		
	A	B	C	D	E	F	G
PROXIMATE:							
Water	g	86.9	0.026	15	27.2	217.3	394.2
Food energy	{ kcal	50			16	125	227
	kJ	209			66	523	949
Protein (N X 6.25)	g	1.3	0.000	15	0.4	3.1	5.7
Total lipid (fat)	g	0.0	0.000	15	0.0	0.0	0.0
Carbohydrate, total	g	11.8			3.7	29.4	53.3
Crude fiber	g	0.0	0.000	2	0.0	0.0	0.0
Ash	g	0.1	0.000	22	0.0	0.3	0.5
MINERALS:							
Calcium	mg	5	0.248	15	2	13	24
Iron	mg	0.27	0.023	15	0.08	0.67	1.21
Magnesium	mg	6	0.153	15	2	14	26
Phosphorus	mg	4	0.091	15	1	10	19
Potassium	mg	46	1.540	22	15	116	210
Sodium	mg	3	0.163	15	1	9	15
Zinc	mg	0.06	0.002	15	0.02	0.14	0.26
Copper	mg	0.041	0.003	15	0.013	0.103	0.186
Manganese	mg	0.361			0.113	0.903	1.637
VITAMINS:							
Ascorbic acid ¹	mg	22.5	0.423	27	7.0	56.2	102.0
Thiamin	mg	0.030	0.000	15	0.009	0.075	0.136
Riboflavin	mg	0.019	0.000	15	0.006	0.048	0.086
Niacin	mg	0.207	0.007	15	0.065	0.518	0.939
Pantothenic acid	mg	0.057			0.018	0.143	0.259
Vitamin B ₆	mg	0.047			0.015	0.118	0.213
Folacin	mcg	10.9			3.4	27.2	49.3
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A ²	{ RE	53	1.320	15	17	133	241
	IU	531	13.197	15	166	1,328	2,410
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹Source added.

²Carotene added for color.

Nutrients and units	Amount in 100 grams, edible portion			Approximate measure and weight 10 fl oz = 283 g	Amount in edible portion of common measures of food	Amount in edible portion of 1 pound of food as purchased			
	Mean	Standard error	Number of samples			Refuse: U			
						A	B		
PROXIMATE:									
Water	g	71.5	16	202.3		324.2			
Food energy	{ kcal	127		360		576			
	kJ	532		1,505		2,412			
Protein (N X 6.38)	g	3.4	11	9.6		15.4			
Total lipid (fat)	g	3.7	14	10.5		16.9			
Carbohydrate, total	g	20.5		57.9		92.8			
Crude fiber	g	0.1	10	0.2		0.3			
Ash	g	0.9	10	2.7		4.3			
MINERALS:									
Calcium	mg	113	19	319		512			
Iron	mg	0.31	15	0.88		1.41			
Magnesium	mg	17	13	47		76			
Phosphorus	mg	102	11	288		462			
Potassium	mg	200	15	567		908			
Sodium	mg	97	20	273		438			
Zinc	mg	0.41	18	1.15		1.85			
Copper	mg	0.065	13	0.184		0.295			
Manganese	mg	0.039	13	0.110		0.177			
VITAMINS:									
Ascorbic acid	mg	0.4	5	1.3		2.0			
Thiamin	mg	0.058	5	0.164		0.263			
Riboflavin	mg	0.245	5	0.693		1.111			
Niacin	mg	0.161	5	0.456		0.730			
Pantothenic acid	mg	0.390	3	1.104		1.769			
Vitamin B ₆	mg	0.050	3	0.142		0.227			
Folacin	mcg	3.5	3	9.9		15.9			
Vitamin B ₁₂	mcg	0.34	3	0.97		1.56			
Vitamin A	{ RE	23		64		102			
	{ IU	93	4	263		422			
LIPIDS:									
Fatty acids:									
Saturated, total	g	2.313		6.546		10.492			
4:0	g	0.121		0.342		0.549			
6:0	g	0.073		0.207		0.331			
8:0	g	0.043		0.122		0.195			
10:0	g	0.094		0.266		0.426			
12:0	g	0.103		0.291		0.467			
14:0	g	0.373		1.056		1.692			
16:0	g	0.978		2.768		4.436			
18:0	g	0.449		1.271		2.037			
Monounsaturated, total	g	1.075		3.042		4.876			
16:1	g	0.022		0.062		0.100			
18:1	g	0.935		2.646		4.241			
20:1	g								
22:1	g								
Polyunsaturated, total	g	0.140		0.396		0.635			
18:2	g	0.085		0.241		0.386			
18:3	g	0.055		0.156		0.249			
18:4	g								
20:4	g								
20:5	g								
22:5	g								
22:6	g								
Cholesterol	mg	13	7	37		59			
Phytosterols	mg								
AMINO ACIDS:									
Tryptophan	g	0.048		0.136		0.218			
Threonine	g	0.154		0.436		0.699			
Isoleucine	g	0.206		0.583		0.934			
Leucine	g	0.334		0.945		1.515			
Lysine	g	0.270		0.764		1.225			
Methionine	g	0.085		0.241		0.386			
Cystine	g	0.031		0.088		0.141			
Phenylalanine	g	0.164		0.464		0.744			
Tyrosine	g	0.164		0.464		0.744			
Valine	g	0.228		0.645		1.034			
Arginine	g	0.123		0.348		0.558			
Histidine	g	0.093		0.263		0.422			
Alanine	g	0.117		0.331		0.531			
Aspartic acid	g	0.257		0.727		1.166			
Glutamic acid	g	0.713		2.018		3.234			
Glycine	g	0.072		0.204		0.327			
Proline	g	0.329		0.931		1.492			
Serine	g	0.185		0.524		0.839			

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	74.1	6	209.7		336.1	
Food energy	kcal	113		319		512	
	kJ	472		1,336		2,141	
Protein (N X 6.38)	g	3.4	3	9.5		15.2	
Total lipid (fat)	g	2.8	6	8.0		12.8	
Carbohydrate, total	g	18.9		53.4		85.6	
Crude fiber	g	0.1	3	0.2		0.3	
Ash	g	0.9	3	2.4		3.9	
MINERALS:							
Calcium	mg	113	3	320		513	
Iron	mg	0.11	3	0.30		0.48	
Magnesium	mg	13	3	36		57	
Phosphorus	mg	100	3	283		454	
Potassium	mg	182	3	516		827	
Sodium	mg	83	3	234		375	
Zinc	mg	0.36	3	1.00		1.61	
Copper	mg	0.022	3	0.062		0.100	
Manganese	mg	0.015	3	0.042		0.068	
VITAMINS:							
Ascorbic acid	mg	0.8	3	2.1		3.4	
Thiamin	mg	0.045	3	0.127		0.204	
Riboflavin	mg	0.195	3	0.552		0.885	
Niacin	mg	0.175	3	0.495		0.794	
Pantothenic acid	mg	0.492	3	1.392		2.232	
Vitamin B ₆	mg	0.044	3	0.125		0.200	
Folacin	mcg	3.0	3	8.5		13.6	
Vitamin B ₁₂	mcg	0.31	3	0.88		1.41	
Vitamin A	(RE: IU)	29		83		134	
	IU	120	2	340		544	
LIPIDS:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	11	5	31		49	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.047		0.133		0.213	
Threonine	g	0.152		0.430		0.689	
Isoleucine	g	0.204		0.577		0.925	
Leucine	g	0.329		0.931		1.492	
Lysine	g	0.266		0.753		1.207	
Methionine	g	0.084		0.238		0.381	
Cystine	g	0.031		0.088		0.141	
Phenylalanine	g	0.162		0.458		0.735	
Tyrosine	g	0.162		0.458		0.735	
Valine	g	0.225		0.637		1.021	
Arginine	g	0.121		0.342		0.549	
Histidine	g	0.092		0.260		0.417	
Alanine	g	0.116		0.328		0.526	
Aspartic acid	g	0.254		0.719		1.152	
Glutamic acid	g	0.703		1.989		3.189	
Glycine	g	0.072		0.204		0.327	
Proline	g	0.325		0.920		1.474	
Serine	g	0.183		0.518		0.830	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				A	B		
PROXIMATE:							
Water	g	74.7	11	211.5	339.0		
Food energy	{ kcal	111		314	504		
Food energy	{ kJ	465		1,315	2,108		
Protein (N X 6.38)	g	3.5	6	9.8	15.8		
Total lipid (fat)	g	3.0	9	8.4	13.5		
Carbohydrate, total	g	17.9		50.8	81.4		
Crude fiber	g	0.1	6	0.3	0.5		
Ash	g	0.9	6	2.5	3.9		
MINERALS:							
Calcium	mg	122	8	344	551		
Iron	mg	0.09	8	0.26	0.42		
Magnesium	mg	12	8	35	57		
Phosphorus	mg	102	6	289	464		
Potassium	mg	174	8	492	789		
Sodium	mg	82	8	232	371		
Zinc	mg	0.36	8	1.01	1.61		
Copper	mg	0.051	8	0.144	0.231		
Manganese	mg	0.014	8	0.040	0.064		
VITAMINS:							
Ascorbic acid	mg	0.8	3	2.2	3.5		
Thiamin	mg	0.045	3	0.127	0.204		
Riboflavin	mg	0.182	3	0.515	0.826		
Niacin	mg	0.185	3	0.524	0.839		
Pantothenic acid	mg	0.418	3	1.183	1.896		
Vitamin B ₆	mg	0.052	3	0.147	0.236		
Folacin	mcg	3.3	3	9.2	14.7		
Vitamin B ₁₂	mcg	0.36	3	1.01	1.62		
Vitamin E	(RE	32		90	145		
Vitamin A	{ IU	130	2	368	590		
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.858		5.258	8.428		
4:0	g	0.098		0.277	0.445		
6:0	g	0.056		0.158	0.254		
8:0	g	0.033		0.093	0.150		
10:0	g	0.074		0.209	0.336		
12:0	g	0.085		0.241	0.386		
14:0	g	0.300		0.849	1.361		
16:0	g	0.786		2.224	3.565		
18:0	g	0.362		1.024	1.642		
Monounsaturated, total	g	0.862		2.439	3.910		
16:1	g	0.067		0.190	0.304		
18:1	g	0.751		2.125	3.407		
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.111		0.314	0.503		
18:2	g	0.067		0.190	0.304		
18:3	g	0.043		0.122	0.195		
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	11	5	32	51		
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.049		0.139	0.222		
Threonine	g	0.158		0.447	0.717		
Isoleucine	g	0.211		0.597	0.957		
Leucine	g	0.341		0.965	1.547		
Lysine	g	0.276		0.781	1.252		
Methionine	g	0.087		0.246	0.395		
Cystine	g	0.032		0.091	0.145		
Phenylalanine	g	0.168		0.475	0.762		
Tyrosine	g	0.168		0.475	0.762		
Valine	g	0.233		0.659	1.057		
Arginine	g	0.125		0.354	0.567		
Histidine	g	0.095		0.269	0.431		
Alanine	g	0.120		0.340	0.544		
Aspartic acid	g	0.263		0.744	1.193		
Glutamic acid	g	0.729		2.063	3.307		
Glycine	g	0.074		0.209	0.336		
Proline	g	0.336		0.951	1.524		
Serine	g	0.189		0.535	0.857		

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	2-3 heaping tsp = 21.6 g		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.4	8	0.1		1.8
Food energy	{ kcal	387		84		1,754
	kJ	1,617		349		7,337
Protein (N X 6.25)	g	0.1	8	0.0		0.4
Total lipid (fat)	g	0.2	8	0.0		0.8
Carbohydrate, total	g	99.1		21.4		449.6
Crude fiber	g	0.1	7	0.0		0.2
Ash	g	0.2	8	0.0		0.9
MINERALS:						
Calcium	mg					
Iron	mg	0.44	7	0.09		1.99
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg	38	7	8		172
Zinc	mg					
Copper	mg					
Manganese	mg					
VITAMINS:						
Ascorbic acid	mg	0.3	7	0.1		1.1
Thiamin	mg	0.003	7	0.001		0.014
Riboflavin	mg	0.110	0.000	0.024		0.499
Niacin	mg	0.073		0.016		0.331
Pantothenic acid	mg					
Vitamin B ₆	mg	0.002	0.000	0.000		0.009
Folacin	mcg					
Vitamin B ₁₂	mcg	0		0		0
Vitamin A	{ RE					
	IU					
LIPIDS:						
Fatty acids:						
Saturated, total	g					
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g					
18:0	g					
Monounsaturated, total	g					
16:1	g					
18:1	g					
20:1	g					
22:1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0		0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

NONALCOHOLIC
Strawberry Flavor Mix, powder
prepared with milk

Nutrients and units	Amount in 100 grams, edible portion			Approximate measure and weight 266 g ¹	Amount in edible portion of common measures of food		
	Mean A	Standard error B	Number of samples C		1 pound of food as purchased		
					Refuse: 0	G	
PROXIMATE:							
Water	g	80.9		215.1	366.8		
Food energy	{ kcal	88		234	399		
	{ kJ	368		978	1,668		
Protein (N X 6.4)	g	3.0		8.1	13.7		
Total lipid (fat)	g	3.1		8.2	14.0		
Carbohydrate, total	g	12.3		32.8	56.0		
Crude fiber	g	0.0		0.0	0.0		
Ash	g	0.7		1.8	3.1		
MINERALS:							
Calcium ²	mg	110		292	498		
Iron	mg	0.08		0.22	0.37		
Magnesium ²	mg	12		33	56		
Phosphorus ²	mg	86		228	389		
Potassium	mg	139		370	631		
Sodium	mg	48		128	218		
Zinc ²	mg	0.35		0.93	1.58		
Copper ²	mg	0.009		0.024	0.041		
Manganese ²	mg	0.002		0.005	0.009		
VITAMINS:							
Ascorbic acid	mg	0.9		2.4	4.0		
Thiamin	mg	0.035		0.093	0.159		
Riboflavin	mg	0.158		0.420	0.717		
Niacin	mg	0.083		0.221	0.376		
Pantothenic acid ²	mg	0.288		0.766	1.306		
Vitamin B ₆	mg	0.039		0.104	0.177		
Folacin	mcg	4.6		12.2	20.8		
Vitamin B ₁₂	mcg	0.33		0.87	1.49		
Vitamin A ²	{ RE	28		76	129		
	{ IU	116		308	525		
LIPIDS:							
Fatty acids, ²							
Saturated, total	g	1.910		5.081	8.664		
4:0	g	0.099		0.263	0.449		
6:0	g	0.059		0.157	0.268		
8:0	g	0.034		0.090	0.154		
10:0	g	0.077		0.205	0.349		
12:0	g	0.086		0.229	0.390		
14:0	g	0.309		0.822	1.402		
16:0	g	0.808		2.149	3.665		
18:0	g	0.372		0.990	1.687		
Monounsaturated, total	g	0.886		2.357	4.019		
16:1	g	0.069		0.184	0.313		
18:1	g	0.772		2.054	3.502		
20:1	g	0.000		0.000	0.000		
22:1	g	0.000		0.000	0.000		
Polyunsaturated, total	g	0.114		0.303	0.517		
18:2	g	0.069		0.184	0.313		
18:3	g	0.045		0.120	0.204		
18:4	g	0.000		0.000	0.000		
20:4	g	0.000		0.000	0.000		
20:5	g	0.000		0.000	0.000		
22:5	g	0.000		0.000	0.000		
22:6	g	0.000		0.000	0.000		
Cholesterol	mg	12		33	57		
Phytosterols ²	mg						
AMINO ACIDS:							
Tryptophan	g	0.042		0.112	0.191		
Threonine	g	0.137		0.364	0.621		
Isoleucine	g	0.183		0.487	0.830		
Leucine	g	0.296		0.787	1.343		
Lysine	g	0.240		0.638	1.089		
Methionine	g	0.076		0.202	0.345		
Cystine	g	0.028		0.074	0.127		
Phenylalanine	g	0.146		0.388	0.662		
Tyrosine	g	0.146		0.388	0.662		
Valine	g	0.202		0.537	0.916		
Arginine	g	0.109		0.290	0.494		
Histidine	g	0.082		0.218	0.372		
Alanine	g	0.104		0.277	0.472		
Aspartic acid	g	0.230		0.612	1.043		
Glutamic acid	g	0.633		1.684	2.871		
Glycine	g	0.064		0.170	0.290		
Proline	g	0.293		0.779	1.329		
Serine	g	0.164		0.436	0.744		

¹ 1 c milk + 2-3 heaping tsp powder.² Value for contribution from milk only.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 fl oz = 29.6 g	6 fl oz = 178 g	
A	B	C	D	E	F	G
PROXIMATE: ^{2 3}						
Water	g	99.7	4	29.5	177.4	452.2
Food energy	{ kcal	1		0	2	5
Food energy	{ kJ	4		1	8	20
Protein ⁴	g	0.0	14	0.0	0.0	0.0
Total lipid (fat)	g	0.0	10	0.0	0.0	0.1
Carbohydrate, total	g	0.3		0.1	0.4	1.1
Crude fiber	g					
Ash	g	0.0	6	0.0	0.1	0.1
MINERALS:						
Calcium	mg	0	0.049	2	0	1
Iron	mg	0.02		1	0.01	0.10
Magnesium	mg	3	0.185	2	1	13
Phosphorus	mg	1	0.157	2	0	2
Potassium	mg	37	3.912	2	11	66
Sodium	mg	3	0.463	2	1	5
Zinc	mg	0.02	0.000	2	0.01	0.04
Copper	mg	0.010	0.000	2	0.003	0.018
Manganese	mg					0.045
VITAMINS:						
Ascorbic acid	mg	0.0			0.0	0.0
Thiamin	mg	0.000		1	0.000	0.000
Riboflavin	mg	0.014		8	0.004	0.025
Niacin	mg	0.000		1	0.000	0.000
Pantothenic acid	mg					
Vitamin B ₆	mg	0.000		1	0.000	0.000
Folacin	mcg	5.2	0.610	7	1.5	9.2
Vitamin B ₁₂	mcg	0			0	0
Vitamin A	{ RE	0			0	0
	{ IU	0			0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.002			0.001	0.004
4:0	g					0.009
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.001			0.000	0.002
18:0	g	0.000			0.000	0.000
Monounsaturated, total	g	0.001			0.000	0.002
16:1	g	0.000			0.000	0.005
18:1	g	0.000			0.000	0.000
20:1	g				0.000	0.000
22:1	g					
Polysaturated, total	g	0.004			0.001	0.007
18:2	g	0.001			0.000	0.002
18:3	g	0.003			0.001	0.005
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0			0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000			0.000	0.000
Threonine	g	0.000			0.000	0.000
Isoleucine	g	0.000			0.000	0.000
Leucine	g	0.000			0.000	0.000
Lysine	g	0.000			0.000	0.000
Methionine	g	0.000			0.000	0.000
Cystine	g	0.000			0.000	0.000
Phenylalanine	g	0.000			0.000	0.000
Tyrosine	g	0.000			0.000	0.000
Valine	g	0.000			0.000	0.000
Arginine	g	0.000			0.000	0.000
Histidine	g	0.000			0.000	0.000
Alanine	g	0.000			0.000	0.000
Aspartic acid	g	0.000			0.000	0.000
Glutamic acid	g	0.000			0.000	0.000
Glycine	g	0.000			0.000	0.000
Proline	g	0.000			0.000	0.000
Serine	g	0.000			0.000	0.000

¹ Brew time 3 minutes.² Caffeine = 20 mg per 100 g.³ Theobromine = 2 mg per 100 g.⁴ Adjusted protein is [N - (g of caffeine per 100 g x 0.289) - (g of theobromine per 100 g x 0.311)] x 6.25. Unadjusted protein (N x 6.25) = 0.0 g per 100 g.

⁵ Values presented include minerals in tap water. Mineral values reported for beverage prepared with distilled water are calcium 0 mg, iron 0.01 mg, magnesium 1 mg, phosphorus 1 mg, potassium 21 mg, sodium 0 mg, zinc 0.01 mg, and copper 0.008 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: ^U
	Mean	Standard error	Number of samples	Approximate measure and weight 1 tsp = 0.7 g	B tsp = 5.6 g	
A	B	C	D	E	F	G
PROXIMATE:^{1 2}						
Water	g	5.3	7	0.0	0.3	24.1
Food energy	kcal	256		2	14	1,162
	kJ	1,071		7	60	4,860
Protein ³	g	11.7	7	0.1	0.7	53.1
Total lipid (fat)	g	0.4	4	0.0	0.0	1.8
Carbohydrate, total	g	57.0		0.4	3.2	258.7
Crude fiber ⁴	g	0.0		0.0	0.0	0.0
Ash	g	17.1	13	0.1	1.0	77.6
MINERALS:						
Calcium	mg	55	13	0	3	249
Iron	mg	4.04	6	0.03	0.23	18.34
Magnesium	mg	363	6	3	20	1,646
Phosphorus	mg	442	6	3	25	2,004
Potassium	mg	6,596	14	46	369	29,918
Sodium	mg	130	13	1	7	588
Zinc	mg	3.20	6	0.02	0.18	14.51
Copper	mg	0.801	6	0.006	0.045	3.633
Manganese	mg	74.042	6	0.518	4.146	335.855
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.054	4	0.000	0.003	0.245
Riboflavin ⁵	mg	0.693	0.051	0.005	0.039	3.143
Niacin	mg	12.562	4	0.088	0.703	56.981
Pantothenic acid	mg	3.670	0.416	0.026	0.206	16.647
Vitamin B ₆	mg	0.728	0.139	0.005	0.041	3.302
Folacin	mcg	102.9	5	0.7	5.8	466.7
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{RE.	0		0	0	0
	IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.050		0.000	0.003	0.227
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.043		0.000	0.002	0.195
18:0	g	0.007		0.000	0.000	0.032
Monounsaturated, total	g	0.015		0.000	0.001	0.068
16:1	g	0.002		0.000	0.000	0.009
18:1	g	0.013		0.000	0.001	0.059
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.122		0.001	0.007	0.553
18:2	g	0.040		0.000	0.002	0.181
18:3	g	0.082		0.001	0.005	0.372
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.112		0.001	0.006	0.508
Threonine	g	0.052		0.000	0.003	0.236
Isoleucine	g	0.039		0.000	0.002	0.177
Leucine	g	0.039		0.000	0.002	0.177
Lysine	g	0.045		0.000	0.003	0.204
Methionine	g	0.006		0.000	0.000	0.027
Cystine	g	0.060		0.000	0.003	0.272
Phenylalanine	g	0.037		0.000	0.002	0.168
Tyrosine	g	0.051		0.000	0.003	0.231
Valine	g	0.047		0.000	0.003	0.213
Arginine	g	0.064		0.000	0.004	0.290
Histidine	g	0.017		0.000	0.001	0.077
Alanine	g	0.067		0.000	0.004	0.304
Aspartic acid	g	0.337		0.002	0.019	1.529
Glutamic acid	g	0.618		0.004	0.035	2.803
Glycine	g	0.092		0.001	0.005	0.417
Proline	g	0.039		0.000	0.002	0.177
Serine	g	0.086		0.001	0.005	0.390

¹Caffeine = 4,352 mg per 100 g.

²Theobromine = 293 mg per 100 g.

³Adjusted protein is [N - (g of caffeine per 100 g x 0.289) - (g of theobromine per 100 g x 0.311)] x 6.25. Unadjusted protein (N x 6.25) = 20.1 g per 100 g.

⁴Soluble fiber determined as pectin = 3.7 g per 100 g.

⁵Determined by high-pressure liquid chromatography.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	1 c water + 1 tsp powder = 237 g	1,898 g ¹	
	A	B	C	D	E	F
PROXIMATE: ^{2 3}						
Water	g	99.7		236.2	1,891.7	452.1
Food energy	kcal	1		2	14	3
	kJ	3		7	60	14
Protein	g	0.0		0.1	0.7	0.2
Total lipid (fat)	g	0.0		0.0	0.0	0.0
Carbohydrate, total	g	0.2		0.4	3.2	0.8
Crude fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.1		0.2	2.0	0.5
MINERALS:						
Calcium	mg	2		5	42	10
Iron	mg	0.02		0.04	0.32	0.08
Magnesium	mg	2		5	39	9
Phosphorus	mg	1		3	26	6
Potassium	mg	20		47	374	89
Sodium	mg	3		8	64	15
Zinc	mg	0.03		0.08	0.65	0.15
Copper	mg	0.008		0.019	0.152	0.036
Manganese	mg	0.219		0.519	4.157	0.993
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.000		0.000	0.000	0.000
Riboflavin	mg	0.002		0.005	0.038	0.009
Niacin	mg	0.037		0.088	0.702	0.168
Pantothenic acid	mg	0.011		0.026	0.209	0.050
Vitamin B ₆	mg	0.002		0.005	0.038	0.009
Folacin	mcg	0.3		0.7	5.8	1.4
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	RE	0		0	0	0
	IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.000		0.000	0.000	0.000
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.000		0.000	0.000	0.000
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.000		0.000	0.000	0.000
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.000		0.000	0.000	0.000
20:1	g	0.000		0.000	0.000	0.000
22:1	g					
Polyunsaturated, total	g	0.000		0.000	0.000	0.000
18:2	g	0.000		0.000	0.000	0.000
18:3	g	0.000		0.000	0.000	0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000		0.000	0.000	0.000
Threonine	g	0.000		0.000	0.000	0.000
Isoleucine	g	0.000		0.000	0.000	0.000
Leucine	g	0.000		0.000	0.000	0.000
Lysine	g	0.000		0.000	0.000	0.000
Methionine	g	0.000		0.000	0.000	0.000
Cystine	g	0.000		0.000	0.000	0.000
Phenylalanine	g	0.000		0.000	0.000	0.000
Tyrosine	g	0.000		0.000	0.000	0.000
Valine	g	0.000		0.000	0.000	0.000
Arginine	g	0.000		0.000	0.000	0.000
Histidine	g	0.000		0.000	0.000	0.000
Alanine	g	0.000		0.000	0.000	0.000
Aspartic acid	g	0.000		0.000	0.000	0.000
Glutamic acid	g	0.001		0.002	0.019	0.005
Glycine	g	0.002		0.005	0.038	0.009
Proline	g	0.000		0.000	0.000	0.000
Serine	g	0.000		0.000	0.000	0.000

¹2 qt water + 8 tsp powder.
²Caffeine = 13 mg per 100 g.

³Theobromine = 1 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	1 rounded tsp	2 rounded tbsp	
				Approximate measure and weight = 1.4 g	= 11.3 g	
A	B	C	D	E	F	G
PROXIMATE:¹						
Water	g	4.3	1	0.1	0.5	19.5
Food energy	{ kcal	297		4	34	1,349
	{ kJ	1,244		17	141	5,642
Protein ²	g	7.4	1	0.1	0.8	27.2
Total lipid (fat)	g	0.4	1	0.0	0.0	1.8
Carbohydrate, total	g	75.1		1.1	8.5	340.5
Crude fiber	g	0.0		0.0	0.0	0.0
Ash	g	9.6	1	0.1	1.1	43.5
MINERALS:						
Calcium	mg	28	1	0	3	125
Iron	mg	0.75	1	0.01	0.08	3.40
Magnesium	mg	139	1	2	16	631
Phosphorus	mg	107	1	1	12	485
Potassium	mg	3,453	1	48	390	15,663
Sodium	mg	517	1	7	58	2,346
Zinc	mg	1.23	1	0.02	0.14	5.58
Copper	mg	0.340	1	0.005	0.038	1.542
Manganese	mg	30.670	1	0.429	3.466	139.119
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.000		0.000	0.000	0.000
Riboflavin	mg	1.250	1	0.018	0.141	5.670
Niacin	mg	6.520	1	0.091	0.737	29.575
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	0
	{ IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.050		0.001	0.006	0.227
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.043		0.001	0.005	0.195
18:0	g	0.007		0.000	0.001	0.032
Monounsaturated, total	g	0.015		0.000	0.002	0.068
16:1	g	0.002		0.000	0.000	0.009
18:1	g	0.013		0.000	0.001	0.059
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.122		0.002	0.014	0.553
18:2	g	0.040		0.001	0.005	0.181
18:3	g	0.082		0.001	0.009	0.372
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.072		0.001	0.008	0.327
Threonine	g	0.033		0.000	0.004	0.150
Isoleucine	g	0.025		0.000	0.003	0.113
Leucine	g	0.025		0.000	0.003	0.113
Lysine	g	0.028		0.000	0.003	0.127
Methionine	g	0.004		0.000	0.000	0.018
Cystine	g	0.038		0.001	0.004	0.172
Phenylalanine	g	0.023		0.000	0.003	0.104
Tyrosine	g	0.032		0.000	0.004	0.145
Valine	g	0.030		0.000	0.003	0.136
Arginine	g	0.041		0.001	0.005	0.186
Histidine	g	0.011		0.000	0.001	0.050
Alanine	g	0.043		0.001	0.005	0.195
Aspartic acid	g	0.213		0.003	0.024	0.966
Glutamic acid	g	0.390		0.005	0.044	1.769
Glycine	g	0.058		0.001	0.007	0.263
Proline	g	0.025		0.000	0.003	0.113
Serine	g	0.000		0.000	0.000	0.000

¹Caffeine = 1,794 mg per 100 g.

²Adjusted protein is [N - (g of caffeine per 100 g x 0.289)] x 6.25. Unadjusted protein (N x 6.25) = 10.6 g per 100 g.

NONALCOHOLIC

Tea, instant, unsweetened, lemon flavor, powder
prepared with water

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Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				238 g ¹	1,904 g ²		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	99.4		236.5	1,892.2	450.8	
Food energy	{ kcal	2		4	33	8	
	kJ	7		17	139	33	
Protein	g	0.0		0.1	0.8	0.2	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	0.4		1.1	8.4	2.0	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.1		0.3	2.1	0.5	
MINERALS:							
Calcium	mg	2		5	42	10	
Iron	mg	0.01		0.02	0.19	0.05	
Magnesium	mg	2		4	34	8	
Phosphorus	mg	1		2	13	3	
Potassium	mg	21		49	391	93	
Sodium	mg	6		14	114	27	
Zinc	mg	0.03		0.08	0.61	0.15	
Copper	mg	0.008		0.019	0.154	0.037	
Manganese	mg	0.181		0.431	3.445	0.821	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.008		0.019	0.152	0.036	
Niacin	mg	0.038		0.090	0.724	0.172	
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g			0.000	0.000	0.000	
22:1	g						
Polyunsaturated, total	g	0.001		0.002	0.019	0.005	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.001		0.002	0.019	0.005	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valline	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.001		0.002	0.019	0.005	
Glutamic acid	g	0.002		0.000	0.038	0.009	
Glycine	g	0.000		0.000	0.000	0.000	
Prolline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

¹ 1 c water + 1 rounded tsp powder.
² 2 qt water + 2 rounded tbsp powder.

³ Caffeine = 11 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 22.7 g ¹	4 scoops (1 c) = 182 g	Refuse: ²	G
A	B	C	D	E	F		G
PROXIMATE: ²							
Water	g	0.3	0.048	4	0.1 87	0.5 701	1.2 1,746
Food energy	{ kcal	385			366	2,932	7,307
	kJ	1,611					
Protein ³	g	0.6		4	0.1	1.1	2.6
Total lipid (fat)	g	0.3	0.070	4	0.1	0.5	1.4
Carbohydrate, total	g	97.6			22.1	177.6	442.6
Crude fiber	g	0.0			0.0	0.0	0.0
Ash	g	1.1	0.388	4	0.2	1.9	4.8
MINERALS:							
Calcium	mg	3	0.601	4	1	6	15
Iron	mg	0.16	0.008	4	0.04	0.28	0.70
Magnesium	mg	11	0.459	4	3	21	52
Phosphorus	mg	14	0.396	4	3	26	64
Potassium	mg	217	9.635	4	49	395	984
Sodium	mg						
Zinc	mg	0.10	0.004	4	0.02	0.18	0.45
Copper	mg	0.025	0.003	4	0.006	0.046	0.113
Manganese	mg	2.965	0.076	4	0.673	5.396	13.449
VITAMINS:							
Ascorbic acid ⁴	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.000			0.000	0.000	0.000
Riboflavin	mg	0.200	0.058	3	0.045	0.364	0.907
Niacin	mg	0.407	0.009	3	0.092	0.741	1.846
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg	42.5	2.500	2	9.6	77.4	192.8
Vitamin B ₁₂	mcg	0			0	0	0
Vitamin A	{ RE	0			0	0	0
	IU	0					
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.037			0.008	0.067	0.168
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.032			0.007	0.058	0.145
18:0	g	0.005			0.001	0.009	0.023
Monounsaturated, total	g	0.011			0.002	0.020	0.050
16:1	g	0.001			0.000	0.002	0.005
18:1	g	0.010			0.002	0.018	0.045
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.091			0.021	0.166	0.413
18:2	g	0.030			0.007	0.055	0.136
18:3	g	0.061			0.014	0.111	0.277
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0			0	0	0
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.005			0.001	0.009	0.023
Threonine	g	0.003			0.001	0.005	0.014
Isoleucine	g	0.003			0.001	0.005	0.014
Leucine	g	0.003			0.001	0.005	0.014
Lysine	g	0.003			0.001	0.005	0.014
Methionine	g	0.000			0.000	0.000	0.000
Cystine	g	0.003			0.001	0.005	0.014
Phenylalanine	g	0.001			0.000	0.002	0.005
Tyrosine	g	0.003			0.001	0.005	0.014
Valine	g	0.003			0.001	0.005	0.014
Arginine	g	0.003			0.001	0.005	0.014
Histidine	g	0.001			0.000	0.002	0.005
Alanine	g	0.004			0.001	0.007	0.018
Aspartic acid	g	0.017			0.004	0.031	0.077
Glutamic acid	g	0.031			0.007	0.056	0.141
Glycine	g	0.005			0.001	0.009	0.023
Proline	g	0.003			0.001	0.005	0.014
Serine	g	0.004			0.001	0.007	0.018

¹3 rounded tsp.

²Caffeine = 124 mg per 100 g.

³Adjusted protein is [N - (g of caffeine per 100 x 0.289)] x 6.25. Unadjusted protein (N x 6.25) = 0.8 g per 100 g.

⁴Value for product without added ascorbic acid.

Product with added ascorbic acid contains 100 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: ¹
	Mean	Standard error	Number of samples	Approximate measure and weight	259 g ¹	
A	B	C	D	E	F	G
PROXIMATE: ³						
Water	g	91.2		236.3	1,891.9	413.8
Food energy	kcal	34		87	.699	153
Food energy	kJ	141		365	2,925	640
Protein	g	0.1		0.1	1.1	0.2
Total lipid (fat)	g	0.0		0.1	0.5	0.1
Carbohydrate, total	g	8.5		22.1	177.2	38.8
Crude fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.1		0.4	2.9	0.6
MINERALS:						
Calcium	mg	2		6	45	10
Iron	mg	0.02		0.05	0.37	0.08
Magnesium	mg	2		5	39	9
Phosphorus	mg	1		3	26	6
Potassium	mg	19		50	398	87
Sodium	mg					
Zinc	mg	0.03		0.08	0.66	0.15
Copper	mg	0.008		0.021	0.166	0.036
Manganese	mg	0.260		0.673	5.392	1.179
VITAMINS:						
Ascorbic acid ⁴	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.000		0.000	0.000	0.000
Riboflavin	mg	0.018		0.047	0.373	0.082
Niacin	mg	0.036		0.093	0.747	0.163
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg	3.7		9.6	77.2	16.9
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{RE.	0		0	0	0
Vitamin A	IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.003		0.008	0.062	0.014
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.003		0.008	0.062	0.014
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.001		0.003	0.021	0.005
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.001		0.003	0.021	0.005
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.008		0.021	0.166	0.036
18:2	g	0.003		0.008	0.062	0.014
18:3	g	0.005		0.013	0.104	0.023
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.000		0.000	0.000	0.000
Threonine	g	0.000		0.000	0.000	0.000
Isoleucine	g	0.000		0.000	0.000	0.000
Leucine	g	0.000		0.000	0.000	0.000
Lysine	g	0.000		0.000	0.000	0.000
Methionine	g	0.000		0.000	0.000	0.000
Cystine	g	0.000		0.000	0.000	0.000
Phenylalanine	g	0.000		0.000	0.000	0.000
Tyrosine	g	0.000		0.000	0.000	0.000
Valine	g	0.000		0.000	0.000	0.000
Arginine	g	0.000		0.000	0.000	0.000
Histidine	g	0.000		0.000	0.000	0.000
Alanine	g	0.000		0.000	0.000	0.000
Aspartic acid	g	0.002		0.005	0.041	0.009
Glutamic acid	g	0.003		0.008	0.062	0.014
Glycine	g	0.000		0.000	0.000	0.000
Proline	g	0.000		0.000	0.000	0.000
Serine	g	0.000		0.000	0.000	0.000

¹1 c water + 3 rounded tsp powder.²2 qt water + 1 c powder.³Caffeine = 11 mg per 100 g.⁴Value for product without added ascorbic acid.
Product with added ascorbic acid contains 9 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
	A	B	C	E	F	G
PROXIMATE:				2 tsp = 1.6 g	4 tbsp (1/4 c) = 14.4 g	
Water	g	3.5	3	0.1	0.5	15.9
Food energy	{ kcal	332		5	48	1,506
	{ kJ	1,390		22	200	6,303
Protein ²	g	3.3	3	0.1	0.5	15.1
Total lipid (fat)	g	0.6	1	0.0	0.1	2.7
Carbohydrate, total	g	81.4		1.3	11.7	369.0
Crude fiber	g	0.0		0.0	0.0	0.0
Ash	g	7.2	3	0.1	1.0	32.6
MINERALS:						
Calcium	mg	21	1	0	3	97
Iron	mg	8.87	1	0.14	1.28	40.23
Magnesium	mg	125	1	2	18	565
Phosphorus	mg	140	1	2	20	636
Potassium	mg	2,550	3	41	367	11,569
Sodium	mg	1,047	4	17	151	4,747
Zinc	mg	0.89	1	0.01	0.13	4.04
Copper	mg	0.120	1	0.002	0.017	0.544
Manganese	mg	30.370	1	0.486	4.373	137.758
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.000		0.000	0.000	0.000
Riboflavin	mg	0.800	1	0.013	0.115	3.629
Niacin	mg	3.880	1	0.062	0.559	17.600
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg	288.0	1	4.6	41.5	1,306.4
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{ RE	0		0	0	0
	{ IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.074		0.001	0.011	0.336
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	0.064		0.001	0.009	0.290
18:0	g	0.010		0.000	0.001	0.045
Monounsaturated, total	g	0.023		0.000	0.003	0.104
16:1	g	0.003		0.000	0.000	0.014
18:1	g	0.020		0.000	0.003	0.091
20:1	g					
22:1	g					
Polysaturated, total	g	0.182		0.003	0.026	0.826
18:2	g	0.060		0.001	0.009	0.272
18:3	g	0.123		0.002	0.018	0.558
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0		0	0	0
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.032		0.001	0.005	0.145
Threonine	g	0.015		0.000	0.002	0.068
Isoleucine	g	0.011		0.000	0.002	0.050
Leucine	g	0.011		0.000	0.002	0.050
Lysine	g	0.013		0.000	0.002	0.059
Methionine	g	0.002		0.000	0.000	0.009
Cystine	g	0.017		0.000	0.002	0.077
Phenylalanine	g	0.011		0.000	0.002	0.050
Tyrosine	g	0.014		0.000	0.002	0.064
Valine	g	0.013		0.000	0.002	0.059
Arginine	g	0.018		0.000	0.003	0.082
Histidine	g	0.005		0.000	0.001	0.023
Alanine	g	0.019		0.000	0.003	0.086
Aspartic acid	g	0.096		0.002	0.014	0.435
Glutamic acid	g	0.175		0.003	0.025	0.794
Glycine	g	0.026		0.000	0.004	0.118
Proline	g	0.011		0.000	0.002	0.050
Serine	g	0.024		0.000	0.003	0.109

¹Caffeine = 2,240 mg per 100 g.

²Adjusted protein is [N - (g of caffeine per 100 g x 0.289)] x 6.25. Unadjusted protein (N x 6.25) = 7.4 g per 100 g.

NONALCOHOLIC

Tea, instant, low calorie, sodium saccharin sweetened, lemon flavor, powder
prepared with water

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Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c water + 2 tsp powder = 238 g	1,907 g ¹		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g	99.3		236.3	1,893.6	450.4	
Food energy	{ kcal	2		5	43	10	
	kJ	9		22	178	42	
Protein	g	0.0		0.1	0.4	0.1	
Total lipid (fat)	g	0.0		0.0	0.1	0.0	
Carbohydrate, total	g	0.5		1.3	10.4	2.5	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.1		0.2	1.9	0.5	
MINERALS:							
Calcium	mg	2		5	42	10	
Iron	mg	0.06		0.15	1.22	0.29	
Magnesium	mg	2		4	34	8	
Phosphorus	mg	1		2	19	4	
Potassium	mg	17		41	331	79	
Sodium	mg	10		24	191	45	
Zinc	mg	0.03		0.07	0.59	0.14	
Copper	mg	0.007		0.017	0.133	0.032	
Manganese	mg	0.205		0.488	3.909	0.930	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.005		0.012	0.095	0.023	
Niacin	mg	0.026		0.062	0.496	0.118	
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg	1.9		4.6	36.9	8.8	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	(RE	0		0	0	0	
	IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g						
Polysaturated, total	g	0.001		0.002	0.019	0.005	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.001		0.002	0.019	0.005	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.001		0.002	0.019	0.005	
Glutamic acid	g	0.001		0.002	0.019	0.005	
Glycine	g	0.000		0.000	0.000	0.005	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

¹1 qt water + 4 tbsp powder.²Caffeine = 15 mg per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 fl oz = 29.6 g	6 fl oz = 178 g		
A	B	C	D	E	F	G	
PROXIMATE:¹							
Water	g	99.7	21	29.5	177.5	452.4	
Food energy	{ kcal	1		0	1	4	
	kJ	3		1	6	16	
Protein (N X 6.25)	g	0.0	28	0.0	0.1	0.1	
Total lipid (fat)	g	0.0	28	0.0	0.0	0.1	
Carbohydrate, total	g	0.2		0.1	0.3	0.8	
Crude fiber	g	0.0	0.008	0.0	0.0	0.1	
Ash	g	0.0	21	0.0	0.1	0.2	
MINERALS:²							
Calcium	mg	2	10	1	4	10	
Iron	mg	0.08	3	0.02	0.14	0.35	
Magnesium	mg	1	3	0	2	4	
Phosphorus	mg	0		0	0	0	
Potassium	mg	9	33	3	15	39	
Sodium	mg	1	32	0	2	5	
Zinc	mg	0.04	32	0.01	0.06	0.16	
Copper	mg	0.015	28	0.004	0.027	0.068	
Manganese	mg	0.044	3	0.013	0.078	0.200	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.010	3	0.003	0.018	0.045	
Riboflavin	mg	0.004	3	0.001	0.007	0.018	
Niacin	mg	0.000		0.000	0.000	0.000	
Pantothenic acid	mg	0.011	3	0.003	0.020	0.050	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.6	5	0.2	1.0	2.6	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A ³	{ RE	0		0	0	0	
	IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.002		0.001	0.004	0.009	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.002		0.001	0.004	0.009	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.001		0.000	0.002	0.005	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.001		0.000	0.002	0.005	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.005		0.001	0.009	0.023	
18:2	g	0.002		0.001	0.004	0.009	
18:3	g	0.003		0.001	0.005	0.014	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Caffeine = 0 mg per 100 g.

² Mineral values reported for beverage prepared with distilled water.

³ Value for herb teas other than chamomile. Chamomile herb tea contains 20 IU per 100 g.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight 1 fl oz = 30.1 g	1 c = 241 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	93.5	4	28.1	225.3	424.0
Food energy	kcal	25		7	60	113
	kJ	104		31	251	473
Protein (N X 6.25)	g	0.0	5	0.0	0.0	0.1
Total lipid (fat)	g	0.0	4	0.0	0.1	0.1
Carbohydrate, total	g	6.3		1.9	15.2	28.7
Crude fiber	g	0.0	0.000	0.0	0.0	0.0
Ash	g	0.2		0.1	0.4	0.8
MINERALS:						
Calcium	mg	0	1	0	0	0
Iron	mg	0.05	1	0.02	0.12	0.23
Magnesium	mg	1	1	0	1	2
Phosphorus ¹	mg	9	3	3	22	42
Potassium ¹	mg	11	5	3	26	49
Sodium ¹	mg	40	5	12	96	180
Zinc	mg	0.02	1	0.01	0.05	0.09
Copper	mg	0.020	1	0.006	0.048	0.091
Manganese	mg	0.000		0.000	0.000	0.000
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.005	1	0.002	0.012	0.023
Riboflavin	mg	0.000		0.000	0.000	0.000
Niacin	mg	0.000	1	0.000	0.000	0.000
Pantothenic acid	mg	0.000		0.000	0.000	0.000
Vitamin B ₆	mg	0.000	1	0.000	0.000	0.000
Folacin	mcg	0.0	1	0.0	0.0	0.0
Vitamin B ₁₂	mcg	0		0	0	0
Vitamin A	{RE}	0		0	0	0
	IU	0		0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total	g	0.000		0.000	0.000	0.000
4:0	g	0.000		0.000	0.000	0.000
6:0	g	0.000		0.000	0.000	0.000
8:0	g	0.000		0.000	0.000	0.000
10:0	g	0.000		0.000	0.000	0.000
12:0	g	0.000		0.000	0.000	0.000
14:0	g	0.000		0.000	0.000	0.000
16:0	g	0.000		0.000	0.000	0.000
18:0	g	0.000		0.000	0.000	0.000
Monounsaturated, total	g	0.000		0.000	0.000	0.000
16:1	g	0.000		0.000	0.000	0.000
18:1	g	0.000		0.000	0.000	0.000
20:1	g	0.000		0.000	0.000	0.000
22:1	g	0.000		0.000	0.000	0.000
Polyunsaturated, total	g	0.000		0.000	0.000	0.000
18:2	g	0.000		0.000	0.000	0.000
18:3	g	0.000		0.000	0.000	0.000
18:4	g	0.000		0.000	0.000	0.000
20:4	g	0.000		0.000	0.000	0.000
20:5	g	0.000		0.000	0.000	0.000
22:5	g	0.000		0.000	0.000	0.000
22:6	g	0.000		0.000	0.000	0.000
Cholesterol	mg	0		0	0	0
Phytosterols	mg	0		0	0	0
AMINO ACIDS:						
Tryptophan	g	0.000		0.000	0.000	0.000
Threonine	g	0.000		0.000	0.000	0.000
Isoleucine	g	0.000		0.000	0.000	0.000
Leucine	g	0.000		0.000	0.000	0.000
Lysine	g	0.000		0.000	0.000	0.000
Methionine	g	0.000		0.000	0.000	0.000
Cystine	g	0.000		0.000	0.000	0.000
Phenylalanine	g	0.000		0.000	0.000	0.000
Tyrosine	g	0.000		0.000	0.000	0.000
Valine	g	0.000		0.000	0.000	0.000
Arginine	g	0.000		0.000	0.000	0.000
Histidine	g	0.000		0.000	0.000	0.000
Alanine	g	0.000		0.000	0.000	0.000
Aspartic acid	g	0.000		0.000	0.000	0.000
Glutamic acid	g	0.000		0.000	0.000	0.000
Glycine	g	0.000		0.000	0.000	0.000
Proline	g	0.000		0.000	0.000	0.000
Serine	g	0.000		0.000	0.000	0.000

¹Source added.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				E	F	G	
A	B	C	D	6.5 fl oz bottle = 192 g	1 c = 237 g		
PROXIMATE:							
Water	g	99.9	1	191.9	236.9	453.4	
Food energy	{ kcal	0		0	0	0	
	kJ	0		0	0	0	
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.1	1	0.1	0.1	0.2	
MINERALS:							
Calcium	mg	14	41	26	32	62	
Iron	mg	0.00	1	0.00	0.00	0.00	
Magnesium	mg	0	0.024	40	1	2	
Phosphorus	mg	0		1	0	0	
Potassium	mg	0		42	0	0	
Sodium	mg	1		44	3	7	
Zinc	mg	0.00		1	0.00	0.00	
Copper	mg	0.000		0.000	0.000	0.000	
Manganese	mg	0.000		0.000	0.000	0.000	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg	0.000		0.000	0.000	0.000	
Pantothenic acid	mg	0.000		0.000	0.000	0.000	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	{ RE	0		0	0	0	
	{ IU	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
16:1	g	0.000		0.000	0.000	0.000	
18:1	g	0.000		0.000	0.000	0.000	
20:1	g	0.000		0.000	0.000	0.000	
22:1	g	0.000		0.000	0.000	0.000	
Polysaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0.000		0.000	0.000	0.000	
Phytosterols	mg	0		0	0	0	
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				E	F		
A	B	C	D	E	F	G	
PROXIMATE:				1 c = 237 g			
Water	g	100.0	0.002	3	237.0	453.6	
Food energy	{ kcal	0			0	0	
Protein (N X 6.25)	g	0.0			0.0	0.0	
Total lipid (fat)	g	0.0			0.0	0.0	
Carbohydrate, total	g	0.0			0.0	0.0	
Crude fiber	g	0.0			0.0	0.0	
Ash	g	0.0	0.000	2	0.0	0.0	
MINERALS:							
Calcium	mg	1			3	7	
Iron	mg	0.01			0.01	0.02	
Magnesium	mg	1			2	3	
Phosphorus	mg						
Potassium	mg	0		1	0	1	
Sodium	mg	1		3	1	2	
Zinc	mg						
Copper	mg						
Manganese	mg						
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	
Thiamin	mg	0.000			0.000	0.000	
Riboflavin	mg	0.000			0.000	0.000	
Niacin	mg	0.000			0.000	0.000	
Pantothenic acid	mg	0.000			0.000	0.000	
Vitamin B ₆	mg	0.000			0.000	0.000	
Folacin	mcg	0.0			0.0	0.0	
Vitamin B ₁₂	mcg	0			0	0	
Vitamin A	{ RE	0			0	0	
	{ IU	0			0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000			0.000	0.000	
4:0	g	0.000			0.000	0.000	
6:0	g	0.000			0.000	0.000	
8:0	g	0.000			0.000	0.000	
10:0	g	0.000			0.000	0.000	
12:0	g	0.000			0.000	0.000	
14:0	g	0.000			0.000	0.000	
16:0	g	0.000			0.000	0.000	
18:0	g	0.000			0.000	0.000	
Monounsaturated, total	g	0.000			0.000	0.000	
16:1	g	0.000			0.000	0.000	
18:1	g	0.000			0.000	0.000	
20:1	g	0.000			0.000	0.000	
22:1	g	0.000			0.000	0.000	
Polyunsaturated, total	g	0.000			0.000	0.000	
18:2	g	0.000			0.000	0.000	
18:3	g	0.000			0.000	0.000	
18:4	g	0.000			0.000	0.000	
20:4	g	0.000			0.000	0.000	
20:5	g	0.000			0.000	0.000	
22:5	g	0.000			0.000	0.000	
22:6	g	0.000			0.000	0.000	
Cholesterol	mg	0			0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000			0.000	0.000	
Threonine	g	0.000			0.000	0.000	
Isoleucine	g	0.000			0.000	0.000	
Leucine	g	0.000			0.000	0.000	
Lysine	g	0.000			0.000	0.000	
Methionine	g	0.000			0.000	0.000	
Cystine	g	0.000			0.000	0.000	
Phenylalanine	g	0.000			0.000	0.000	
Tyrosine	g	0.000			0.000	0.000	
Valine	g	0.000			0.000	0.000	
Arginine	g	0.000			0.000	0.000	
Histidine	g	0.000			0.000	0.000	
Alanine	g	0.000			0.000	0.000	
Aspartic acid	g	0.000			0.000	0.000	
Glutamic acid	g	0.000			0.000	0.000	
Glycine	g	0.000			0.000	0.000	
Proline	g	0.000			0.000	0.000	
Serine	g	0.000			0.000	0.000	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				64 g ¹	1 c = 237 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	99.9		64.0	236.9	453.4	
Food energy	kcal	0		0	0	0	
	kJ	0		0	0	0	
Protein (N X 6.25)	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	0.0		0.0	0.0	0.0	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Crude fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.1		0.0	0.1	0.2	
MINERALS:							
Calcium	mg	2	0.300	7	1	9	
Iron	mg	0.01	0.005	4	0.00	0.02	
Magnesium	mg	1	0.149	8	1	4	
Phosphorus	mg	0	0.021	7	0	0	
Potassium	mg	0	0.123	8	0	1	
Sodium	mg	3	0.910	8	2	14	
Zinc	mg	0.03	0.019	4	0.02	0.11	
Copper	mg	0.006	0.002	8	0.004	0.027	
Manganese	mg	0.001	0.001	4	0.001	0.005	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.000		0.000	0.000	0.000	
Riboflavin	mg	0.000		0.000	0.000	0.000	
Niacin	mg	0.000		0.000	0.000	0.000	
Pantothenic acid	mg	0.000		0.000	0.000	0.000	
Vitamin B ₆	mg	0.000		0.000	0.000	0.000	
Folacin	mcg	0.0		0.0	0.0	0.0	
Vitamin B ₁₂	mcg	0		0	0	0	
Vitamin A	(RE. IU)	0		0	0	0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.000		0.000	0.000	0.000	
4:0	g	0.000		0.000	0.000	0.000	
6:0	g	0.000		0.000	0.000	0.000	
8:0	g	0.000		0.000	0.000	0.000	
10:0	g	0.000		0.000	0.000	0.000	
12:0	g	0.000		0.000	0.000	0.000	
14:0	g	0.000		0.000	0.000	0.000	
16:0	g	0.000		0.000	0.000	0.000	
18:0	g	0.000		0.000	0.000	0.000	
Monounsaturated, total	g	0.000		0.000	0.000	0.000	
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Polyunsaturated, total	g	0.000		0.000	0.000	0.000	
18:2	g	0.000		0.000	0.000	0.000	
18:3	g	0.000		0.000	0.000	0.000	
18:4	g	0.000		0.000	0.000	0.000	
20:4	g	0.000		0.000	0.000	0.000	
20:5	g	0.000		0.000	0.000	0.000	
22:5	g	0.000		0.000	0.000	0.000	
22:6	g	0.000		0.000	0.000	0.000	
Cholesterol	mg	0		0	0	0	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.000		0.000	0.000	0.000	
Threonine	g	0.000		0.000	0.000	0.000	
Isoleucine	g	0.000		0.000	0.000	0.000	
Leucine	g	0.000		0.000	0.000	0.000	
Lysine	g	0.000		0.000	0.000	0.000	
Methionine	g	0.000		0.000	0.000	0.000	
Cystine	g	0.000		0.000	0.000	0.000	
Phenylalanine	g	0.000		0.000	0.000	0.000	
Tyrosine	g	0.000		0.000	0.000	0.000	
Valine	g	0.000		0.000	0.000	0.000	
Arginine	g	0.000		0.000	0.000	0.000	
Histidine	g	0.000		0.000	0.000	0.000	
Alanine	g	0.000		0.000	0.000	0.000	
Aspartic acid	g	0.000		0.000	0.000	0.000	
Glutamic acid	g	0.000		0.000	0.000	0.000	
Glycine	g	0.000		0.000	0.000	0.000	
Proline	g	0.000		0.000	0.000	0.000	
Serine	g	0.000		0.000	0.000	0.000	

¹ 3 ice cubes (approx 3/4 fl oz each).

² Mineral content will vary depending on water source.